

***LIVE OAK HIGH SCHOOL***

***HOME OF THE ACORNS***



***Athletic Department***

**Coaches  
Handbook**

**LIVE OAK HIGH SCHOOL**

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**League:** Blossom Valley Athletic League ( [www.bval.org](http://www.bval.org))  
**Section:** Central Coast Section  
**Mascot:** Acorns  
**Colors:** Green and Gold

## **INTRODUCTION:**

Welcome to the Live Oak High School Athletic Program. It is the philosophy of the Acorn Athletic Department that participation in athletics is an integral part of the educational process. Athletics teach us many “life lessons” such as dedication and commitment, self-discipline, teamwork, sportsmanship, dealing with success as well as overcoming adversity. These “life lessons” are the true value of high school athletics. Our coaches believe in this philosophy and see themselves as instrumental in its implementation. The fields and courts are used as classrooms where these “life lessons” can be taught in an environment where student motivation is high. Over the years Acorns have developed a competitive tradition by winning more than our share of league and section titles in many sports, yet have never lost sight of these values.

A wide variety of sports programs are offered at Live Oak. Our programs are accessible to any student that is interested. Participation in athletics is entirely voluntary and is a privilege, not a right. Since participation is voluntary, any student who desires to compete must be prepared to follow all rules and regulations governing athletics.

Live Oak High School is a member of the Blossom Valley Athletic League. The BVAL is a member of the Central coast Section (CCS) of the California Interscholastic Federation (CIF).

# **LIVE OAK ATHLETICS**

Visit the Live Oak Athletics website

<https://www.liveoakathletics.com/>

Or

Our ATHLETICS APP: Live Oak Athletics

## **FALL SPORTS (Begins Early August)**

Cross Country (B & G)      Football      Field Hockey  
Water Polo ( B & G)      Girls Tennis      Girls Golf  
Girls Volleyball

## **WINTER SPORTS (Begins Early November)**

Basketball (B&G)      Wrestling (B&G)      Soccer (B&G)

## **SPRING SPORTS (Begins early February)**

Baseball (B)      Softball (G)      Badminton (B&G)  
Swimming and Diving (B&G)  
Volleyball (B)  
Tennis (B)      Golf (B)      Track & Field (B&G)  
Lacrosse (B&G)

# **GO ACORNS!**

## **JUNIOR VARSITY/FROSH-SOPH**

At this level, student-athletes become accustomed to interscholastic practices and play. For many, it is their first introduction to competitive sports, different from recreational in its demand and philosophy. It starts to become “competitive”, not “funpetitive”. The focus is on development of fundamental skills pertinent to each sport, rules, strategies, team play, as well as winning and losing gracefully. An attempt will be made to play all participants, but it is recognized that they may not play equally, both in individual games and over the course of the entire season. Our coaches will attempt to find meaningful playing time for all eligible players based on the degree of effort, skill improvement, ability to compete and execution of the skills at game speed demonstrated by the student-athlete in practice and during games.

## **VARSITY**

The varsity level of competition is the culmination of the high school athletic program. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at the varsity level. Team size at the variety level can be limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member has a role and is informed of their importance. The number of roster positions is relative to the student's acceptance of the individual roles in pursuit of team goals. While contest participation over the course of a season is desirable, a specific amount of playing time at the varsity level is never guaranteed.

# **SPORTSMANSHIP**

The top priority of the Live Oak High Athletic Department is to promote proper sportsmanship as it relates to student-athletes, coaches, parents/guardians and spectators. Sportsmanship is an honorable quality that we must take part in. We are dedicated to Pursuing Victory With Honor, adhering to the rule of competition and sportsmanship, and displaying the Six Pillars of Character (trustworthiness, respect, responsibility, fairness, caring and citizenship) on and off the field.

The fundamentals of sportsmanship are:

1. Show respect for the opponent
2. Show respect for the officials.
3. Know, understand and appreciate the rules of the competition.
4. Maintain self-control
5. Recognize and appreciate skill in performance regardless of affiliation.

The Central Coast Section sportsmanship policy states the following behavior as unacceptable at all C.I.F/ C.C.S high school contests:

1. Berating your opponent's school or mascot
2. Berating opposing players
3. Obscene cheers or gestures
4. Negative signs
5. Artificial noisemakers
6. Complaining about officials call

Failure to abide by this policy could result in ejection from the event. It is Blossom Valley Athletic League policy that any player/coach who is ejected from a contest for unsportsmanlike behavior will sit out not only the remainder of the current game but the next contest as well. If the ejection is for fighting the suspension could be up to 3 games. If the unsportsmanlike ejection is in a C.C.S playoff game, the ejected player/coach will be disqualified for the remainder of the playoffs.

