

# **Mount Miguel High School Athletic Handbook 2023-2024**



**Principal: Jake Gaeir**  
**Athletic Assistant Principal: Ernie Reyes**  
**Athletic Director: Anthony Garcia**



## Important Athletic Contacts

Position	Name	EMAIL
VP Athletics	Ernie Reyes	<a href="mailto:Ereyes@guhsd.net">Ereyes@guhsd.net</a>
Athletic Director	Anthony Garcia	<a href="mailto:Agarcia@guhsd.net">Agarcia@guhsd.net</a>
ASB Advisor	Luis Montes	<a href="mailto:Lmontes@guhsd.net">Lmontes@guhsd.net</a>
Athletic Secretary	Sara Coronel	<a href="mailto:Scoronel@guhsd.net">Scoronel@guhsd.net</a>
Finance Tech	Alejandra Soza	<a href="mailto:Asoza@guhsd.net">Asoza@guhsd.net</a>

## Fall Sports

SPORT	COACH	EMAIL
<b>Cheer Advisor/Coach</b>	Michaela Strange	<a href="mailto:Mstrange@guhsd.net">Mstrange@guhsd.net</a>
<b>Cross Country</b>	Antoine Woods	<a href="mailto:Awoods@guhsd.net">Awoods@guhsd.net</a>
<b>Football</b>	Verlain Betofe	<a href="mailto:betofe5@gmail.com">betofe5@gmail.com</a>
<b>Tennis - Girls</b>	BJ Lomibao	<a href="mailto:Bj.lomibao@yahoo.com">Bj.lomibao@yahoo.com</a>
<b>Volleyball - Girls</b>	Byron Grigsby	<a href="mailto:Dgrigsby@guhsd.net">Dgrigsby@guhsd.net</a>
<b>Waterpolo - Boys</b>	Sereena Castillo	<a href="mailto:sereena.castillo@gmail.com">sereena.castillo@gmail.com</a>

## Winter Sports

SPORT	COACH	EMAIL
<b>Basketball - Boys</b>	Jimmy Hurst	<a href="mailto:Jhurst@guhsd.net">Jhurst@guhsd.net</a>
<b>Basketball - Girls</b>		
<b>Soccer - Boys</b>	Robert Rodrigues	<a href="mailto:Robert.Rodrigues@outlook.com">Robert.Rodrigues@outlook.com</a>
<b>Soccer - Girls</b>	Richard Cervantes	<a href="mailto:Rcervantes@guhsd.net">Rcervantes@guhsd.net</a>
<b>Waterpolo - Girls</b>	Sereena Castillo	<a href="mailto:sereena.castillo@gmail.com">sereena.castillo@gmail.com</a>
<b>Wrestling</b>	Don Samuels	<a href="mailto:bamboom51@gmail.com">bamboom51@gmail.com</a>

## Spring Sports

SPORT	COACH	EMAIL
<b>Baseball</b>		
<b>Softball</b>	Andre Brown	<a href="mailto:Albrown@guhsd.net">Albrown@guhsd.net</a>
<b>Swim/Dive</b>	Sereena Castillo	<a href="mailto:sereena.castillo@gmail.com">sereena.castillo@gmail.com</a>
<b>Tennis - Boys</b>	BJ Lomibao	<a href="mailto:Bj.lomibao@yahoo.com">Bj.lomibao@yahoo.com</a>
<b>Track</b>		
<b>Track</b>	Thomas Tyler	<a href="mailto:Chtyler@guhsd.net">Chtyler@guhsd.net</a>
<b>Boys Volleyball</b>	Deborah Kane Brown	<a href="mailto:dk55brown@gmail.com">dk55brown@gmail.com</a>



# Welcome to Mount Miguel High School Athletics

Dear Students, Parents, Faculty, and Staff,

Greetings to all members of the Mount Miguel High School community! We would like to take this opportunity to emphasize the significance of our scholar-athletes and the unique balance they achieve between intellectual and artistic pursuits and physical excellence. It is truly inspiring to witness our student-athletes flourish both on and off the field, surrounded by peers who excel in their respective domains.

At MMHS, we believe that choosing to participate in athletics is a voluntary commitment that represents not only oneself but also one's family, team, and school with utmost dignity. Our student-athletes serve as highly visible ambassadors of our institution, and their conduct and sportsmanship reflect the values we hold dear.

The MMHS athletic program offers a diverse range of team and individual sports, providing our student-athletes with valuable opportunities to enrich their educational journey. The lessons learned through athletics go hand in hand with the teachings imparted at home. Our program nurtures personal integrity, work ethic, self-responsibility, accountability to others, self-sacrifice, delayed gratification, teamwork, conquering fears, tackling challenges, setting goals, pursuing excellence, building community, and being part of something greater than oneself. Families who embrace these principles will find immense rewards in their involvement with MMHS athletics, as it fosters lifelong relationships among teammates, opponents, and coaches.

A well-organized athletic program thrives on a foundation of shared values, best practices, and regulations that govern the spirit of competition within our school. To ensure a comprehensive understanding within our community, effective communication with our student-athletes, parents, faculty, staff, and administration is paramount. This athletic handbook serves as a resource to outline our philosophy and provide guidance. If you ever have any questions or concerns, we encourage you to reach out to us. We are eager to engage in meaningful discussions and explore potential solutions together.

We sincerely look forward to your active participation in and support of our athletic program, which remains dedicated to the growth and development of our exceptional student-athletes and coaches. Together, we can create a thriving environment that celebrates the pursuit of excellence in both academics and athletics.

**Anthony Garcia**

**Mount Miguel High School Athletic Director**



## **Mount Miguel Alma Mater**

**MOUNT MIGUEL WE SING TO THEE,  
IN PRAISES WILL OUR VOICES BE,  
LET FALL ON CAMPUS HALL  
BRAVE DEEDS IN ANSWER TO THY CALL.**

**FAITH AND HONOR TO SUSTAIN  
SHALL BE THE GOALS WE WILL ATtAIN.  
MOUNT MIGUEL WE PLEDGE TO THEE  
OUR FAITH AND TRUEST LOYALTY.**



# Mount Miguel High School Athletic Guidelines

1. Athletes, coaches, parents and spectators are expected to abide by the Matador Code of Conduct.
2. “Quitting” is an intolerable habit to acquire. Joining a team represents a commitment to that team for the entire season. Therefore, a student-athlete who quits a team may not participate in another sport that season, or the following season. Quitting is defined as leaving the team after the team’s first scheduled contest and prior to the natural conclusion of their prior sport.
3. Because MMHS values well-rounded, multi-sport athletes, the athletic department gives special consideration to multi-sport athletes when awarding its year-end awards and all athletes who letter in varsity in a single academic year are awarded a special patch for their letterman jacket.
4. Student-athletes must take school-provided transportation to all athletic events that take place during the school day. They are not allowed to drive themselves unless a signed parent note explaining the reason for them driving has been turned in to and approved by the athletic administrations.
5. Matador scholar-athletes shall not participate in hazing rituals for teams. Activities that produce mental or physical discomfort, embarrassment, harassment, or ridicule have absolutely no place in our athletic program. Any student who encounters hazing should inform their parent, coach, teacher, advisor, assistant principal and the athletic director.
6. All student-athletes must inform their teachers of any planned class absence due to athletics a minimum of one day in advance of the absence.
7. It is a privilege to be a Matador athlete, not a right. Student-athletes are expected to earn that privilege every day of each athletic season.
8. All decisions regarding lettering will be in compliance with the specific lettering rules of each individual team and at the discretion of the head coach of each team.
9. All scholar-athletes are expected to maintain proper behavior in and out of the classroom as well as on the athletic field. If a scholar-athlete fails to do so they risk being suspended from their team.
10. Fans not displaying appropriate behavior at athletic contests can and will be removed from the contest and face possible suspension from all conference athletic events for up to a calendar year.



# Athletic Membership

Mount Miguel High School is a California Interscholastic Federation (CIF) San Diego Section school. All individual sports use school enrollment to determine placement in divisions. Team sports use a power ranking that utilizes previous years performance in each sport to determine where that sport will be placed. Different sports have a different number of divisions, but the “Open” division is the highest, and Division 1 is always the top division for those team sports.

For all sports Mount Miguel participates in the Grossmont Union High School District Athletic Conference. The conference is split into two separate leagues, the Hills and the Valley. Placement in these leagues is determined on an individual sport by sport basis and each sport can move between the leagues on an annual basis. Members of the athletic conference are below.

Grossmont  
Helix  
El Cajon Valley  
Mount Miguel  
El Capitan  
Granite Hills  
Monte Vista  
Santana  
Valhalla  
West Hills  
Steele Canyon



# **Mount Miguel Interscholastic Athletics Offered**

## **Fall Season: August - November**

### **Boys**

Cross Country  
Football  
Water Polo

### **Girls**

Cross Country  
Tennis  
Volleyball

## **Winter Season: November - February**

### **Boys**

Basketball  
Soccer  
Wrestling

### **Girls**

Basketball  
Soccer  
Water Polo  
Wrestling

## **Spring Season: February - June**

### **Boys**

Baseball  
Swim  
Tennis  
Track and Field  
Volleyball

### **Girls**

Softball  
Swim  
Track and Field



## **Practice and Contest Times**

Typically, Mount Miguel practices are conducted Monday–Friday from 4:00 to 6:00 p.m. Due to facility Availability as well as late school start, some teams may practice at different times, including before school and Saturdays. Contests are held weekday afternoons and evenings as well as on Saturdays. In addition, each athletic season carries special requirements of proper dress, equipment and time. For example, some sports may require scholar-athlete participation for practice and/or contests during school vacations.

Additionally, students are expected to keep all conflicts with their practice times to an absolute minimum. Students are expected to schedule appointments (on- and off-campus), seek help from teachers and participate in arts or other activities either before or after practice, but not during. Any students who miss or are late to any practice for any reason may miss playing time at the discretion of the head coach.

Contest times are set in the scheduling process. All of the league contest times are set by the GUHSD Student Activities office. The remaining contests are set by tournament management or upon agreement of the coaches while taking into consideration things such as daylight and facility availability.

## **Athletic Uniforms**

Athletic uniforms, warm-ups, athletic bags and equipment are the property of Mount Miguel High School.. They are entrusted to the scholar-athletes for the athletic season and should be cared for in a reasonable manner by scholar-athletes and their parents. Care should be used to avoid fading and/or shrinking uniforms while laundering. Washing in cold water and hang drying is recommended. Students will be charged the replacement cost for damaged uniforms. Athletic uniforms, warm-ups and equipment shall be distributed by the coach or equipment room at the beginning of the season and should be returned immediately following the season. Uniforms and warm-ups, etc. are not for sale. Students will not compete in their next athletic season until their previous athletic season's uniforms have been returned. Students are responsible for the replacement cost of lost or stolen uniforms.

## **Dismissal of Athletes from Class**

While the majority of Matador athletic contests are scheduled during a non-class time, there are times when student-athletes must miss class to compete, or to prepare for the contest, even if the contest is at home. At these times it is the responsibility of the student to inform their teacher of the planned class absence as far in advance as possible.

## **Matador Team Travel**

Matador athletic teams will travel by school or charter bus if the coach deems it necessary. Whether traveling locally in the San Diego area or out of the state or country, all Matador scholar-athletes are expected to:

1. Conduct themselves as Matadors in a manner that will reflect positively on themselves, their families, their team and Mount Miguel High School.
2. Follow all school rules just as if they were on campus.





3. Realize that every choice they make has an effect on themselves, their families, their team, the Matador athletic department and Mount Miguel High School. Every choice a player makes while traveling should be one that helps their team play at a championship level.
4. Enjoy their teammates and the trip while maintaining a competitive focus.

### **Objective of Athletics at MMHS**

While the GOAL of all athletic endeavors is to win, the PURPOSE of athletics in school goes well beyond that simple goal.

#### **Matador Athletics Objectives**

- To allow committed and qualified students the opportunity to participate on competitive sports teams sponsored by the athletic department.
- To enhance and refine fundamental skills and game strategies.
- To provide stimulating practice sessions and appropriate competition to allow an opportunity to achieve success.
- To allow playing time as determined by a student-athlete's inherent ability, commitment to team and quality of work ethic.
- To allow for maturity as athletes and as individuals by facing challenges inherent in competitive sports.
- To allow for the further development and enhancement of qualities of sportsmanship, leadership, loyalty and commitment.
- To insist upon self-discipline and a strong work ethic as a means to ensure achievement and excellence.
- To allow for the development of qualities of sportsmanship, leadership, loyalty, honor, respect, preparation, commitment, teamwork, personal integrity, work ethic, self-responsibility, responsibility to others, self-sacrifice, delayed gratification, overcoming fears, attacking challenges, goal setting, the pursuit of excellence, community and the idea that being a student athlete at MMHS is a privilege, not a right.
- To recognize success and progress throughout the season as fundamental skills are mastered, as team unity develops as offensive and defensive concepts are realized in competition.



## **Matador Athletic Awards**

### **Team Awards**

Letters — Varsity student-athletes will receive a varsity letter (“M”) for the first varsity team on which they participate and for which they meet the team’s qualifications to receive that varsity letter. For recognition of that sport and each subsequent additional sport an insert representing that sport will also be awarded. For each additional season a scholar-athlete completes the qualifications for a varsity letter as set by the coach, they will receive a single bar. Students must meet certain criteria in order to earn a varsity letter, the letters will be at the ultimate discretion of the Head Coach of each individual sport. Following are some criteria that they will use to award those letters:

1. Student-athletes must attend all practices and contests unless excused by their head coach. Excused absences from practices and contests may be granted by the head coach in the event of illness, religious holidays or approved family commitments such as weddings or funerals.
2. Student-athletes must be a member of the team in good standing for the entire season.
3. Students injured during the season may earn a varsity letter provided they remain with their team for the entire season.

At the end of each season, each team will recognize its scholar-athletes. Generally, these awards are given to the Most Valuable Player (MVP), the Most Improved Player and the Coach’s Award recipient. The Coach’s Award is given to the player who, in the opinion of the coach, embodies the MMHS athletic department philosophy. The timeless principles of teamwork, character, leadership, perseverance, work ethic and a positive attitude are the keys to this award. But each team has their own traditions and awards that they can give out.

### **Department Awards**

Patches — MMHS awards letterman jacket patches to:

- Athletes selected to an all league/conference first team
- League team champions
- Three-sport athletes

Banners — Banners are hung in the Gymnasium for teams who win:

- League championships.
- CIF championships.
- Southern regional championships.
- State championships.



## Year-End Awards

Athlete of the Year - Presented to the outstanding Senior male and female athlete

Matador of Excellence - Presented to the outstanding Senior male and female scholar-athletes who have shown excellence on the field of play and in the classroom throughout their careers.

GUHSD Sportsmanship Award - Presented to the outstanding Senior male and female scholar-athletes who have displayed exceptional sportsmanship during their athletic career

## Performance Enhancing Drugs and Supplements

MMHS does not condone or tolerate the use of performance-enhancing drugs or supplements which may endanger the health of any student-athlete. MMHS follows the guidelines set forth by the American Academy of Sports Medicine, the National Football League (NFL), the National Collegiate Athletic Association (NCAA) and the National Athletic Trainers Association. MMHS does not promote or advocate the use of any performance-enhancing substance including, but not limited to:

- anabolic-androgenic steroids
- creatine (in any form)
- human growth hormones
- non-approved FDA medications
- blood doping

MMHS coaches believe that hard work, commitment, proper diet and rest allow students to achieve their physical goals. They teach that the use of any performance-enhancing drug is a shortcut that, in the long run, could cause damage or death to the student.

## Multi-Sport Athletes

It is the goal of the MMHS athletic department to develop as many multi-sport athletes as possible. All MMHS coaches believe that student-athletes gain valuable educational experiences and, in fact, become stronger, more competitive athletes by playing a variety of sports under the guidance of a variety of coaches, competing in a variety of situations, and by overcoming a variety of obstacles. The development of specialized one-sport athletes are in some cases counterproductive to the athletic principles of MMHS.

## Overlapping Athletic Seasons

Some multi-sport student-athletes will face overlapping athletic seasons. For example, the student's fall season team is in the playoffs while their winter team has started practices. Students who experience this overlap must give priority to the team that is finishing its season, the team that is in the playoffs. Matador coaches have both each student's and the playoff team's best interest at heart and, as such, will assist students to successfully end one season while transitioning into their next season (attending some limited basketball practices while completing football or volleyball practices and playoff games, for example). It is always the coach whose team is in the playoffs who makes the final determination as to when and how athletes may begin participation in their new sport season.



## **Coach Evaluation by Student-Athlete**

Each varsity, JV, and novice/frosh team athlete will evaluate his or her head coach, assistant coaches and athletic program using an anonymous evaluation form provided by the athletic director at the end of each season. These evaluations will aid Mount Miguel coaches and the athletic director as they strive to consistently build and improve the school's athletic program.

### **Matador Coaches**

In many cases, coaching is done by teachers who have themselves competed with distinction in their sports. These coaches personify the manner in which the mind, body and spirit can enhance and reinforce each other. Our coaches aim to challenge student-athletes to help them learn to reach beyond themselves and to teach them a life-long love of their sport.

1. Lead by example keeping in mind that they are teachers at all times while coaching. Matador coaches carry themselves, behave and dress like professional athletic teachers.

2. Teach through sport. Matador coaches are fair and firm with their student-athletes, teaching the following sound timeless athletic principals every day of their seasons:

- strong work ethic at practice and effort during contests
- loyalty to team and school
- punctuality (if you are on time you are late!)
- being prepared with uniform and equipment
- being physically and mentally prepared
- respect for teammates
- respect for opponents
- respect for the game
- respect for officials
- winning humbly and losing humbly

3. Remind their student-athletes that it is a privilege to be on an MMHS team, not a right, and expect them to earn that privilege every day of their season.

4. Strive to make being a member of their team special and exclusive for each student-athlete. Matador coaches require their students earn that team membership each day of their season.

5. Remind their student-athletes that, while they view each of them as an important part of the program, none of them are as important as the team. Matador coaches ask their students to put the needs of the team before their own needs every day of the season. "The Team, The Team, The Team."

6. Encourage their student-athletes to be multi-sport athletes. MMHS does not believe in specialized, one-sport athletes. It is the goal of the athletic department to develop as many multi-sport athletes as possible.

