

Sedona Red Rock Jr./Sr. High School

Student-Athlete Handbook

2024-2025



**“Home of the SCORPIONS”**

**<https://www.azprep365.com>**

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## Preface:



All AIA participating schools must have a concussion policy on file. The policy must address the following: (1) concussion education, (2) removal from play, and (3) return to play.

### **Concussion Education**

All student-athletes shall complete the Brainbook online concussion education course. All student-athletes shall complete the course prior to participation in practice or competition. The course must be completed by a student-athlete only once. Parents and student-athletes must sign a form acknowledging education regarding concussion.

### **Removal from Play**

An athlete, coach, licensed athletic trainer, team physician, official, or parent can remove an athlete from play. If an athlete is suspected to have a concussion by any member of the sports medicine staff, the athlete must be assessed for a concussion. Only an appropriate health care professional can refute the diagnosis of a concussion.

### **Return to Play**

No athlete should return to play (RTP) or practice on the same day of a concussion. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day. Any athlete suspected of having a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. After medical clearance, return to play shall follow a step-wise protocol with provisions for delayed return to play based as directed by an appropriate health-care professional. Return to play should only occur after an athlete has returned to full school attendance without academic accommodations

Appropriate health-care professionals for Return to Play:

- Licensed Athletic Trainer
- Physician (MD/DO)
- Licensed Nurse Practitioner
- Physician's Assistant

## **Step-wise Return to Play**

Step I - Symptom limited activity: daily activities that do not provoke symptoms

Step II - Light aerobic exercise: walking or stationary cycling at slow to medium pace; no resistance training.

Step III - Sport specific exercise: running or standing drills; no head impact activity.

Step IV - Non-contact training drills: harder training drills (ex: passing drills); may start progressive resistance training.

Step V - Full contact practice: following medical clearance, participate in normal training activities.

Step VI - Return to sport: normal game play.

## **Return to Academics**

\* recommendations from AIA Sports Medicine Advisory Committee

Cognitive rest, including reduced screen time, may be recommended for the first 24-28 hours.

Student-athletes can engage in sub-symptom cognitive activities as tolerated.

Cognitive exertions should be stopped if concussion symptoms exacerbation is more than mild and brief and may be resumed once symptoms have returned to their prior level. Mild symptom exacerbation is typically brief and does not delay recovery.

Schools should have protocols to facilitate academic support, especially those that address factors that may prolong return to the classroom (i.e. high symptom burden, social determinants of health).

Not all student-athletes will need academic support or a return to learn strategy. Step-wise protocols listed below are implemented on a case-by-case basis by an appropriate health-care professional.

While return to learn and return to sport strategies can occur in parallel, student-athletes should complete return to learn before unrestricted return to sport.

Returning an athlete to the classroom following a concussion should follow a return to learn progression.

## **Step-wise Return to School**

Step I - Daily activities (non-school related) that do not give the athlete symptoms: typical activities that the athlete does during the day as long as they do not increase symptoms; start with 5-15 minutes at a time and gradually build up time duration.

Step II - School activities: homework, reading, or other cognitive activities outside of the classroom; if mental activity does not cause any symptoms, the athlete may be able to skip step 2 and return to school part time.

Step III - Return to school part-time: gradual introduction of school-work; student may need to start with a partial school day or with increased breaks during the day.

Step IV - Return to school full-time: gradually progress school activities until a full day can be tolerated.



This handbook is designed as a guide for student athletes and parents who are connected with the Sedona Red Rock Athletic Program. Athletic programs make a significant contribution to the total education of the students in this junior high/high school. It is hoped that the content of this handbook will assist in the direction of these programs, in the classification of policies and practices, and ultimately, in the improvement of Sedona Red Rock Athletics. Students at Sedona Red Rock Jr./Sr. High School have the opportunity to qualify for participation in the following Arizona Interscholastic Association approved sports:

### **Fall**

Cheer (H. S. Only)  
Flag Football (J. H. Only)  
Swimming (Boys & Girls, H. S. Only)  
Volleyball (Girls, J. H. & H. S.)  
Cross Country (Boys and Girls J. H. & H. S.)  
Soccer (Boys, H. S. Only)  
Soccer (Girls, H. S. Only)

### **Winter**

Basketball (Boys & Girls J.H. & H.S.)  
Cheer (H. S. Only)

### **Spring**

Baseball (J.H & H.S.)  
Softball (J.H & H.S)  
Golf (H. S. Only)  
Tennis (Boys & Girls H.S. Only)  
Track (Boys & Girls J. H. & H. S.)  
Co-Ed Soccer (J. H. Only)

## **Philosophy Statement:**

Athletics and our other high school activities are an important part of the total high school experiences in such things as teamwork, commitment and sportsmanship. We believe that interscholastic athletics and our other activity programs complement our academic programs and provide our student athletes with a well-rounded education. We believe it is a privilege to participate in the athletic program.

The athletic program at Sedona Red Rock Jr./Sr. High School is intended to develop our athletes. No one performs well accidentally; it is the result of preparation and commitment. This is true in life also. A person who has set goals, and knows what he/she is doing and where he/she is going, will attain those goals. Preparation instills a sense of confidence to perform well because there is a dedication to a purpose. Through athletics we are preparing our students to be successful in many areas beyond athletics.

We believe that participation in high school activity programs teach values that help students become more productive citizens, builds strong minds and bodies, instills confidence and poise, and recognizes that competition is part of life in our society. Athletics is an avenue to demonstrate that race, color, creed, gender and economic or social status need not be obstacles to participation and success.

Our philosophy is reinforced by many national surveys such as those conducted by American College Testing (ACT) and the National Federation of High School Athletics. They indicate that the best predictor of success in later life is previous participation in high school activities not high school or college grade point average, test scores, or rank in class. Students participating in high school activities are more likely to have higher academic averages and better attendance records. Of the students who dropout of school, ninety-four percent have not been involved in high school activities such as athletics, music, speech, student government, etc. (National Federation). Nationally, over one-half of the student population participates in high school activity programs for about one percent of the total school budget.

At the varsity level our goal is to compete successfully. We fully expect to develop a winning tradition for our athletic teams. Our philosophy is that the junior varsity and freshman level should be developmental and an effort should be made for all participants to play.

## **Student-Athlete Participation Requirements:**

## Athletic Clearance Card

Sedona Red Rock Jr./Sr. High School will adhere to the rules of eligibility as outlined in the AIA Handbook. The procedure for determining the eligibility of athletes at Sedona Red Rock Jr./Sr. High School shall be as follows:

- a. It will be the responsibility of each athlete to bring to the coach, each sport season, an “**ATHLETIC CLEARANCE CARD**” which has been signed off by the athletic department.
- b. Multiple sport athletes must make sure the clearance card is taken to each coach of the next sport. It is the athlete’s responsibility to retrieve their clearance card at the end of that sport season.
- c. **NO ATHLETE WILL BE ASSUMED BY A COACH TO BE ELIGIBLE TO PRACTICE, PLAY OR TRAVEL WITH THE TEAM UNLESS THE ATHLETE HAS PRESENTED AN ENDORSED ATHLETIC CLEARANCE CARD.**
- d. This card protects the athlete and the coach. Remember, the automatic penalty for participation by an ineligible athlete is forfeiture of all contests in which he or she has participated. The **ATHLETIC CLEARANCE CARD** will indicate to the coach that the athlete has completed the following forms and meets the eligibility requirements that the athletic department requires for participation.
- e. Before an athlete can **PRACTICE** in a particular activity, the following criteria must be met:

## Participation Requirements:

- a. **Enrollment:** The student must be registered at Sedona Red Rock and have a daily class schedule.
- b. **Age:** If a student becomes 19 years of age before September 1, he/she is not eligible for any part of the school year.
- c. **Physical Examination on file with Athletic Director:** A student is eligible to engage in practice and to compete only after there is on file with the athletic department an annual physical examination for the current school year (after March 1<sup>st</sup>). Physical examination forms are available in the front office and must be filled out and signed by a physician holding one of the following credentials  
M.D./D.O./N.P./  
PA-C.
- d. **Parent Permission on file with Athletic Director:** Parent or Legal Guardian consent is required prior to student athlete participation.
- e. All forms on the Register My Athlete must be completed.
- f. All AIA forms must be completed and signed.
- g. **Proof of Insurance on file with Athletic Director:** Any participant will be required to show proof of insurance in order to participate.
- h. **Consent to Treat on file with Athletic Director:** A Consent for Treatment Form signed by parent or legal guardian must be on file in the athletic office. The coach must carry a copy of the signed form for any school-sponsored activity.
- i. **Signatures:** Athletes and their parents must have read the Student Athlete Handbook and turned in a signed signature form stating they have done so.
- j. **Participation Fee:** Participation Fees must be paid in full prior to competing in any games. Students may practice before participation fees are paid.

## **2024 – 2025 Weekly Academic Eligibility Starts August 19th**

Athletic/academic eligibility is determined every Monday.

Changes in eligibility status take place on the date of the eligibility grade check.

At each grade check a student athlete who is receiving an F in any of his/her classes is ineligible for that week.

Student-athletes that are ineligible will attend tutoring either in the AM or PM until they become eligible.



Student athletes who are ineligible may not participate in any contest during the ineligibility period and will not be excused to miss any course time for home or away contest.

Student athletes should continue to practice at the discretion of the Head Coach.

Student athletes must have a 60% passing grade to be eligible to participate in contest that week.

Teachers must update student athletes' grades every Friday by 3:00 pm. Grade check will be every Monday by 9:00am.

### **Attendance Eligibility**

The athlete must be in attendance all day at school to participate that day (game or practice) unless excused by the administration.

### **Suspension From School**

Athletes that are suspended from school are ineligible for practices and competition during the duration of the suspension.

## **Scorpion Behavioral Expectations:**

All student athletes will be asked to meet the following expectations.

- a. Students will not use or possess tobacco of any kind.
- b. Students will not use or possess alcohol of any kind.
- c. Students will not be involved in theft or vandalism of school, community, or private property.
- d. Students will not consume, possess, buy, sell, or give away any narcotic paraphernalia, or drug that is defined as illegal by law.
- e. Students will not use or possess steroids of any kind.

Sedona Red Rock High School (SRR/Jr/Sr HS) believes that students who are granted the privilege of participating in extracurricular activities will be held to higher standards of behavior than students in the general populations. Students who participate in extracurricular activities at SRRHS shall not possess, use, sell, give, or otherwise transmit, or be under the influence of any drug, or counterfeit drug, in which law prohibits possession. This includes any tobacco product, illegal drugs, alcohol, vaping, or intoxicants of any kind.

The principal may exclude any student from all extracurricular participation for one (1) calendar year for a violation that involves the selling, or distributing of any quantity of illegal drugs, counterfeit drugs or controlled substances. Additionally, any violation of school district regulations, state or federal laws that could have negative implications on the health, safety and welfare of students in the general school populations may also be cause for exclusion from participation.

This policy will be subject to enforcement and/or disciplinary action by the administrative and athletic departments for the entire year. Any offenses in violation of this policy are accumulative during a student's participation in extracurricular activities. The consequences listed in this policy are *in addition* to regular to district policies regarding student substance abuse.

### **First Violation**

The first violation will result in immediate exclusion from the activity. No athletic team participation for one calendar year, unless the student and parents/guardians agree to participate in a counseling program and abide by other contractual obligations under the direction of the school administration. If the counseling program is opted for, the penalty will be reduced to two weeks. If less than 2 weeks of the season remain, there will be a carry over into the next sport including the following year so that the total exclusion is at least 2 weeks.

### **Second Violation**

Exclusion from participation for one calendar year.

### **Third Violation**

Exclusion from all athletic participation for the remainder of the student's high school enrollment.

### **Self-referral by student athletes:**

Students may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regard to student use of tobacco, vaping, alcohol and other drugs. Voluntary referrals do not carry punitive consequences.

- a. Referral is allowed one time in a student's four-year high school career.
- b. Referral must be only by the student or a member of the immediate family.
- c. Referral cannot be used by students as a method to avoid consequences once a code of conduct rule is violated and a student has been identified as having violated one of the code of conduct rules.
- d. Referrals must be made to a coach, athletic director, teacher, administrator, or guidance counselor.
- e. Students meet contractual obligations as established by the athletic director.

## **Additional Expectations**

- a. Student athletes are urged not to attend parties where liquor or narcotics are being used or consumed.
- b. The use of profane or obscene language or acts of vulgarity will not be tolerated.
- c. Student athletes representing teams are expected to exemplify the highest standard of sportsmanship.
- d. Student athletes are expected to demonstrate exemplary conduct on and off campus, adhere to school rules and community laws and show respect for individuals and property.
- e. Each coach will specify Field and court regulations and procedures. All athletes are expected to obey these regulations and to conduct themselves in a commendable manner.
- f. Losing, as well as winning, is part of the game. Athletes should be gracious in defeat and modest in victory
- g. False athletes often display fits of temper, clowning, etc., when things fail to go, as they desire or when being replaced by a teammate. True athletes have control of themselves.
- h. Officials of a game are there for the purpose of insuring both teams that they will receive a fair deal. Officials do not lose a game for you
- i. It is athletic tradition and rule that no one except the appointed captain talks to the officials. NO REMARKS should be directed at the game officials or opposing team players!
- j. Any behavior contrary to that which has been stated is a direct reflection on the school, team, and coaches, and **WILL NOT BE TOLERATED!**
- k. Any breach of the previously listed statements may lead to disciplinary actions that may include suspension, dismissal, and the withholding of honors and awards.

## **Sportsmanship Rule**

As per AIA By-Laws:

**a. Ejection From a Contest** – If an AIA contest official determines that a coach or player has acted in an unsportsmanlike manner during either a period or intermission, the coach or player may be ordered to leave the contest.

**b. Penalties for Ejection** – A Coach or player ejected from a contest for any reason shall be subject to the following without appeal:

- c. First Ejection** – Ineligible for the next contest at that level of competition and all other contests during that interim at any level. Any person ejected from a contest shall not participate the remainder of that day.
- d. Second Ejection** – Ineligible for the next two contests at that level of competition and all other contests during that interim at any level. Any person ejected from a contest shall not participate the remainder of that day.
- e. Third Ejection** – A similar infraction by the same player during the same season will result in cessation of the season for the player concerned.
- f. End-of-Season Ejection** – If a penalty is imposed at the end of the sport season and no contest remains, the penalty shall be enforced at the beginning of the subsequent season of competition in which the coach or player participates, regardless of the sport.

## **Hazing/Initiation**

SRRHS and its athletic department prohibit any form of hazing or harassment. Hazing and initiation are defined as acts that injure, degrade or disgrace or are intended to injure, degrade or disgrace any student. This prohibition applies on and off school grounds. Students are encouraged to report any incidents of this activity to school officials. Consequences related to hazing and initiation will be pursued to the fullest extent allowed under state law and district policy.

## **Individual Team Rules**

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective programs. These rules as pertaining to a particular sport must be given by the coach in writing to all participants and explained fully at the beginning of participation. Penalties for violation of rules will also be in writing and shall be administered by the coach. Copies of all additional rules by coaches will be on file in the Athletic Director's office.

## **Outside Participation**

A student who is a member of a school team shall not practice, participate or compete with any other group, club, organization, or association in that sport during the season of competition.

## **Appeal Procedure**

Students and their parents or guardians may appeal the decision of the administration or Athletic Director to an extracurricular participation committee. This committee of five shall be appointed by the principal, and consists of an assistant principal, Athletic Director, teacher, and two neutral coaches.

The appeal will require the following:

- a. The written appeal must be presented to the principal within five (5) working days of the initial ruling.
- b. The appeals committee shall render a decision within five (5) working days, in writing, to the student and his/her parents or guardian. Students will remain ineligible for any sport participation during the appeal process.

## **Travel Policy**

All Student Athletes must travel to and from away athletic contests by school vehicles or school-designated vehicles. The Athletic Department encourages all athletes to travel home with their teammates at the conclusion of away events. However, parents have the right to designate themselves as authorized to bring their own child home. Parents are expected to personally contact the head coach after the event and sign the Transportation Waiver form when deciding to take their child home from the event.

Proper conduct will be displayed on the bus/van and at the visiting location at all times. School dress code applies at all away events and travel to and from those events. Athletes may be released from classes in order to get ready for competition but they are not excused to leave campus. On all coed bus trips the student athletes must be separated by gender, one gender in the front of the bus, the other in the back of the bus, with coaches in the middle.

Our student-athletes will ride to games from the school and return to the school with the two exceptions:

- a. A parent taking their child home from the game site. They will only be allowed to take their child and have a signed permission slip that is turned into the Head Coach.
- b. Students may be dropped off in VOC to a waiting parent.

## **Off Campus Facilities (Golf, Swimming, Tennis)**

Sedona Red Rock High School is not responsible for transportation of athletes to off campus practice facilities. Parents are responsible for transportation of their student athlete to off campus practice facilities.

## **Snow Days**

If school is canceled because of severe inclement weather, any practices and competitions will be canceled.

## **Playing Time**

Varsity Level Programs: The philosophy of the varsity program is to place the best combination of athletes into a game or match situation. This combination of athletes is to be determined by the coaching staff based on their evaluation of the athletes. No athlete is guaranteed playing time. Junior Varsity and Freshman Level Programs: The philosophy of the junior varsity and freshman programs is to emphasize the development of physical and social skills for each athlete. All athletes will receive playing at the discretion of the head coach

## **Awards/Lettering Criteria**

Players will receive a letter who spend enough time on the varsity squad to make an impact on the team and who also finish in good standing on and off the playing surface. Each individual coach will decide on the degree of impact. The following policy applies to all awards given for athletes at SRRHS.

Freshmen/JV10/JV11 - earn a certificate

Varsity – earn a letter and a sport bar

## **Equipment and Uniforms**

- a. Equipment/Uniforms issued to the student athlete, although the property of the School District, is the student's responsibility.
- b. School equipment/uniforms are to be worn only while participating with that school team in sanctioned practices or during scheduled contests, unless approved by the coach.
- c. Students shall turn in all athletic equipment/uniforms issued to them immediately after completion of their sport.
- d. It is the responsibility of the student to replace or pay for any equipment lost, stolen or damaged at the current replacement value.
- e. Students failing to turn in all equipment issued to them or who fail to pay for lost items shall not receive honors or awards for that sport or be permitted to take part in any other sport until satisfactory clearance is made.

## **SRRHS Extra-Curricular Athletic Participation Fee:**

Sedona Red Rock High School has an Athletic Participation Fee. The purpose of the fee is to provide funding for our after school athletic programs.

The Athletic Participation Fee will be as follows:

- a. There will be a \$100.00 charge to each student for each sport (season) that he/she participates in the athletic program.
  - b. The fee for Junior High athletics is \$100.00.
  - c. Parents will be given a tax credit form for fees paid so that they may receive credit from the State of Arizona. Parents are encouraged to contribute the maximum tax credit allowed by the State of Arizona (\$200 single or \$400 married).
  - d. The fees collected for athletic participation will be used to help fund the cost of athletic expenses.
  - e. The students must pay all fees before he/she is allowed to compete in any athletic competition.
  - f. Maximum fee amount is \$400 per family.
  - g. Families that qualify for the School Free and Reduced Lunch Program can qualify for full or partial waivers.
  - h. Tax Credit contribution can only be applied to the current school year's athletic participation fee.
- \*\*Cannot provide a refund of this Tax Credit Contribution**

## **Parental/Coach Communication:**

Our coaches realize that the most important player on your son's/daughter's team would be your child. We want parents to be proactive in their child's athletic participation. Our coaches use their professional experience to guide their teams in a positive manner. Relating to parents is essential in providing a positive experience for each student-athlete that chooses to be involved in Sedona Red Rock athletics. There are some guidelines we want parents and coaches to follow in communicating:

## **Issues that should be communicated with the coach:**

1. Discussing ways to help your student-athlete improve
2. Concerns about your student-athlete's behavior and/or academic progress

## **Issues not appropriate to discuss with the coach:**

1. Playing time
2. Play calling or game strategy
3. Other student-athletes

## **Procedures to handle problems or concerns regarding a specific team:**

1. The student-athlete should discuss the concern with the coach.
2. Contact the coach directly to set up a meeting.
3. Contact Pedro Ortega, the Athletic Director for Sedona Red Rock athletics at the high school (928-204-6702) to set up a meeting involving all parties

## **Athletics' parent/coach relationships:**

Parenting is one of the most challenging endeavors we partake as adults. Coaching can also be very challenging and at the same time very rewarding for the individual; as well as, the team. The key to a

successful team, which includes the parents of the student-athletes, involves building positive relationships. A key component is the communication that takes between all parties.

### **Communication from the coach:**

This will be done during the pre-season parent meeting:

1. Coaches philosophy of athletics
2. Coaches' expectations of the student-athlete
3. Location and times for practice
4. Team requirements
5. Procedures to be followed when a player is injured
6. Forms of discipline
7. Contact numbers for the coaches

### **Communication from the parent:**

1. Concerned expressed through the proper channels
2. Notification of schedule conflicts
3. Positive encouragement for all involved in the team

### **The key to having a successful season is made easier by the following:**

1. Timely communication between all participants
2. A strong COMMITMENT from the students, parents and coaches
3. Total support provided by the school leadership
4. Understanding that a successful season is not always determined by the won-loss record

**We have developed policies and procedures that will provide a positive experience as a result of being part of a Scorpion Athletic team. You are responsible for reading this handbook and should you have any questions, please see Mr. Ortega in the main office.**

**Athletic Director: Pedro Ortega: 928-204-6702, [portega@sedonak12.org](mailto:portega@sedonak12.org)**

**Fall Sports (practices begin August 12th for all Fall Sports, except Soccer and Spiritline July 29<sup>th</sup>, Cross Country August 5<sup>th</sup>.)**

Cheer (Varsity)

Head Coach: Jerry Gonzalez

[gonzalez@sedonak12.org](mailto:gonzalez@sedonak12.org)

Cross Country (Varsity Only)

Head Coach: Cody Mckesson

[mckesson@sedonak12.org](mailto:mckesson@sedonak12.org)

Cross Country (Junior High)

Head Coach: Cody Mckesson

[mckesson@sedonak12.org](mailto:mckesson@sedonak12.org)

Flag Football (Junior High)

Head Coach: Sean Eicher

[eicher@sedonak12.org](mailto:eicher@sedonak12.org)

Soccer Boys (Boys JV & Varsity)

Head Coach: Gavin Shippen

[gzshippen@gmail.com](mailto:gzshippen@gmail.com)

Swimming (Girls and Boys Varsity Only)

Head Coach: Jodi Thornton

[cuppa.jo.onthego@gmail.com](mailto:cuppa.jo.onthego@gmail.com)

Volleyball (JV10, JV11, Varsity)

Head Coach: John Parks

[parks@sedonak12.org](mailto:parks@sedonak12.org)

Volleyball (Junior High)  
Head Coach: Pedro Ortega

portega@sedonak12.org

**Winter Sports (practices begin 11/4/24):**

Basketball Boys (JV10, JV11, Varsity)  
Head Coach: Pedro Ortega  
Basketball Girls (JV10, JV11, Varsity)  
Head Coach: Becca Serenity  
Basketball Boys (Junior High)  
Head Coach: Brandon Brown  
Basketball Girls (Junior High)  
Head Coach: Morgon Szymczak

portega@sedonak12.org  
beccawoodberry@gmail.com  
bbrown8006@yahoo.com  
szymcak.morgon3@gmail.com

**Spring Sports (practices begin 2/10/2025):**

Baseball (Varsity)  
Head Coach: TBD  
Baseball (Junior High)  
Head Coach: TBD  
Softball (Varsity)  
Head Coach: Pedro Ortega  
Softball (Junior High)  
Head Coach:  
Golf (Boys & Girls Varsity Only)  
Head Coach: Joseph Hazlitt  
Tennis (Girls) Head coach  
Andrew Ellis  
Track & Field (Boys & Girls Varsity)  
Head Coach: Sean Eicher

[portega@sedonak12.org](mailto:portega@sedonak12.org)  
webb@sedonak12.org  
hazlitt@sedonak12.org  
ellis@sedonak12.org  
eicher@sedonak12.org

Athletic Schedules can be found at: <https://www.azprep365.com>

**Signature Page:**

I, \_\_\_\_\_ have read the Student

**Athletic Handbook and agree to abide by all the procedures and there are consequences for not abiding by the handbook.**

\_\_\_\_\_  
(Signed by the athlete)

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Signed by the parent)

\_\_\_\_\_  
Date

**This page must be signed and returned to your coach during the first week of practices.**





