



Sequoia Athletics

At Sequoia High School we take great pride in our athletics program. We know that sports are amazing for personal growth and achievement, keeping kids involved and doing well academically as well as building a sense of community among friends. We like to say UNALIYI at Sequoia, which means "a place of friends" in Cherokee.

The 2011 - 2012 school year and athletic seasons are upon us, and much excitement is brewing in our Sequoia Sports Community and beyond. Numerous teams of ours are serious contenders for league titles and playoffs. The number of kids participating in sports is impressive and this spring we are adding both boys and girls lacrosse! Sequoia Spirit is at its highest ever. Our coaching staff is experienced and has much expertise in working with kids, teaching skills and promoting high standards on and off the court or field. Many of our coaches are teachers at Sequoia and see their players throughout the school day. If you are a parent looking to get involved, Sequoia has an amazing Sport & Spirit Booster Club that fundraises and plans events to benefit all athletes.

There are a few things you should complete prior to your child's first day of high school to ensure that they don't experience any delays in participation. If you have any additional questions please e-mail me. Hopefully you can attend some of our sporting events to see for yourself what our teams have to offer. Our sporting events can be found on the school website calendar. The CCS (Central Coast Section) has rules about recruiting and coaches cannot contact players until they have graduated from junior high, so answers to your questions about our teams can be found online or you can contact the AD below.

Stacy Morell - Athletic Director, P.E./Dance Teacher, Cheer Coach, smorell@seq.org

In order to participate, you must complete an athletic clearance packet and have a physical. Physicals must be renewed each year. The forms are available online and in the AVP (Administrative Vice Principal's) office. Students will turn these in to Ms. Morell next August to receive a thumbs up to practice. After the 1st quarter of their freshman year they will also need to have at least a 2.0 GPA in order to remain eligible for athletic competition.

FALL: Cross Country, Football, Girls Tennis, Girls Volleyball, Water Polo

WINTER: Basketball, Soccer, Wrestling

SPRING: Badminton, Baseball, Boys Golf, Lacrosse, Boys Tennis, Track & Field, Softball, Swimming

YEAR-ROUND: Cheerleading (cheer tryouts are held in April - contact Ms. Morell for info!)

Additional information and schedules can be found on our website at www.sequoiahs.org → Student Life → Athletics