Practice & Race Conflicts
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Practice & Race Conflicts

REOCCURING CONFLICTS - Athletes who have a regular conflict must talk to Coach Watanabe in order to determine if the program will adjust around the commitments of the athlete. Although many commitments can be worked around, athletes must discuss the situation with Coach Watanabe as soon as possible.

INDIVIDUAL CONFLICTS – Athletes who must miss a practice due to a valid excuse must submit a note **TWENTY FOUR HOURS IN ADVANCE.** Although we try to be flexible, athletes should not abuse this flexibility and limit the number of practices they will be missing.

SUMMER CONFLICTS – Due to the fact that many athletes will go on vacation during the summer, athletes will not be removed from the team due to a summer vacation, however, athletes must demonstrate that they are prepared for the upcoming season by training during their absence.

RACE CONFLICTS – Conflicts with races should be cleared with Coach Watanabe at least a week prior to the meet. Athletes who fail to do this within the time period are subjected to the cost of meet entry, normally $10-20. Athletes should refer to the schedule in order to ensure they limit their conflicts. Athletes should refer to the rules and regulations page regarding absences from races.

REMIND

Along with Facebook and website announcement, we will use Remind for instant updates. Send the message @cerritosx to 81010 and you will be added!!!

Grade Checks/Updates

In order to ensure that athletes are performing at the level that they need to be in the classroom, we ask that athletes provide us with a copy of your 3rd and 4th quarter grade report. Athletes must maintain at least a 2.0 GPA in order to participate in athletics at Cerritos High School, which is a policy that is strictly adhered to.