

CIF ATHLETICS

Leadership Starts Here



CIF: CALIFORNIA INTERSCHOLASTIC FEDERATION

CIF is the governing body for high school sports in California. CIF membership includes both public and private high schools

What does this mean?

1. All CIF member schools must follow all bylaws of CIF.
2. Colleges look at students who participate under CIF for college scholarships.
3. All GALA athletes must follow CIF rules to participate on a team.

WHAT ARE CIF SPORTS?



WHAT IT MEANS TO BE A STUDENT-ATHLETE

GO TEAM!

School is a priority.

- **Communicate** with your coach if you need to attend office hours.
- **Communicate** with your teacher when you will miss class for competitions.
- You **must** be in school for at least 2 academic hours on game days to participate in games.

WHAT IT MEANS TO BE A GALA ATHLETE

1. A privilege
2. Representing GALA in the Los Angeles community
3. Being a part of a team community
4. Student-Athlete
 - a. Student first, athlete second

5. TIME MANAGEMENT

6. Commitment

a. **5 days a week**

3-4 practice days (3:45 pm to 5:45 pm)

1-2 game days (1:15pm to 6:30pm)



SPORTS + PE CREDIT

Each season of a sport counts as one semester of PE credit.

You need four semester of PE for graduation.

Fall sports appear on your first semester transcript.



Winter & Spring sports appear on your second semester transcript.

To earn two semesters of PE credit in one year, you can play a sport:

- All three seasons
- Fall and Winter
- Fall and Spring

Playing a Winter and Spring sport will only earn one semester PE credit.

WHAT ARE TRYOUT REQUIREMENTS?



1. Current GALA student; grade 9-12
2. GPA above a 2.0 (10-week and 20-week reporting periods)
3. Pass sports physical
4. Completed athletic packet submitted between July 1-July 15
5. Full COVID vaccination

*Grades from 20-week Spring semester used to determine Fall initial eligibility

Fall -Tryouts **August 15th and 16th**

Seasons:

August 1st to November 3 (**Cross Country**)

August 1st to November 3rd (**Cheer**)

August 1st to October 20th (**Tennis**)

August 1st to October 17th (**Volleyball**)

**Paperwork must be submitted
by July 15th!**

AthleticClearance.com

Paperwork must be submitted between

July 1 - July 15

GALA CIF SPORTS: FALL



CROSS COUNTRY

Season: August 1st to November 3rd

Practices begin:

August 16th 3:45-5:30 M-F

Tryouts: August 15th after school



- Practices take place on track and in GALA neighborhood.
- Meets are 3 mile races off-road in park.
- 5 regular season meets (Thursdays) + League Finals + City Prelims*
(*Varsity only - Nov 12)

SIDELINE CHEER

Season: August 1st to November 3rd

Practices begin: August 15th M-F 3:45- 5:30

Tryouts: August 15th after school

Year-long commitment

Competitive Cheer in the spring semester

Existence of cheer team will depend on number of students interested



TENNIS

Season: August 1st to October 20th

Practices begin: August 15th M-Th 3:45-5:00

Fridays: Independent Practice/conditioning

Tryouts: August 15th after school

Students will need to bring sunscreen, their own rackets, & white-soled athletic shoes.



VOLLEYBALL

Season: August 1st to October 17th**

Practices: August 1st-12th (optional open gym)*
After August 15th M-F 3:45-5:45

Tryouts: August 15th & 16th 3:45-5:45

Games: often two per week; tournaments on some weekends



****Varsity:** CIF LA City playoffs go through November 5th and State Playoffs go through November 19th

***MUST BE COMPLETELY CLEARED TO PARTICIPATE IN OPEN GYM PRACTICES**

Needs: black knee pads, black socks, volleyball court shoes, running shoes

Varsity and JV teams

Varsity tournament: Saturday August 20th

1. Complete a sports physical
 - a. Form can be found on galacademy.org, click on [Athletics tab](#)
 - b. Must have signature and stamp from physician
 - c. Valid for 12 months from date of physical
2. Complete interest survey:
bit.ly/GALAFallSports
3. Complete athletic packet
 - a. Forms can be found on galacademy.org, click on the [Athletics tab](#)
 - b. Submit by deadline **July 15th on AthleticClearance.com** (not before July 1st)

NEXT STEPS

