

Frequently Asked Athletic Questions

What sports are offered at San Rafael and when do they start?

Fall Season (Starts Monday, August 12th, 2024)		
Men's Cross Country	Women's Cross Country	Football
Women's Golf	Women's Tennis	Volleyball
Women's Water Polo	Women's Flag Football	Men's Water Polo
Winter Season (Starts Monday, November 4th, 2024)		
Men's Basketball	Women's Basketball	
Men's Soccer	Women's Soccer	
Men's Wrestling	Women's Wrestling	
Spring Season (Starts Monday, February 10th, 2025)		
Baseball	Men's Golf	Men's Lacrosse
Women's Lacrosse	Mt. Biking	Softball
Men's Swimming	Women's Swimming	Men's Tennis
Men's Track and Field	Women's Track and Field	Men's Volleyball
Year-Round Sport		
Coed Cheer (Gameday, All-Girl, Coed Competition Team)		

What forms do I need to participate in athletics?

There are multiple forms for San Rafael High School student athletes to complete. All forms must be completed through Home Campus. Families will be required to create an account, complete and sign-off on the forms and upload their yearly physicals. Home Campus will be available starting on June 1st, 2024. All forms must be submitted before participating in an athletic sport.

Home Campus Link

[Athletic Physicals](#)

Note: Kaiser 2-year physicals are valid as long as there is a new date and signature on the two year physical that is post 6/1/2024.

How many tryout days will I get?

All San Rafael Student-Athletes will receive 3 days of tryouts for the sport they are interested in participating in. Student-Athletes **must** wait until completion of their previous San Rafael High School sport before trying out for the following season.

*i.e. A football player must wait until the football season is done (postseason included) before trying out for Basketball. It is the responsibility of the **student-athlete** to message their coach.*

The tryout schedule will be released on our athletics page before the start of the upcoming season.

Can my student-athlete play two sports at once?

No and Yes

Yes your student athlete can play a rec/club sport and a high school sport concurrently as long as the rec/club sport is not the same as the high school sport

i.e. A soccer player is not allowed to play club soccer and high school soccer in the same season, however a soccer player is allowed to play club soccer and high school volleyball at the same time.

A student athlete **may not** participate in two high school sports at the same time.

i.e. A water polo player must wait until after their season is completed to play on the basketball team.

How can I contact San Rafael coaches?

The best way to reach out to coaches is via email, please understand that coaches might not be able to respond right away as most of them have full-time jobs apart from high school coaching. A list of contacts for all of our head coaches can be found [here](#).

We have a conflict with the head coach for our student-athlete, how do we address the situation?

We encourage all families to follow the appropriate [chain of communication here](#). Please email the coach and ask for a time to meet and he/she will get back to you with a time and location. If that does not solve the conflict please reach out to the head of the program (varsity head coach). If you are still unable to come to a resolution please feel free to reach out to the Athletic Department to set up a meeting.

What is the minimum Grade Point Average (GPA)

All San Rafael High School student athletes must have a minimum of a 2.0 GPA **AND** less than two F's in order to participate in athletics. A student-athlete who is academically ineligible may not participate in games/contests and must not be dressed out for games. They are however allowed to continue practicing per coaches decision.

My student-athlete does not meet the minimum required GPA to participate in athletics, is there anything we can do?

The athletic department takes academics extremely important and firmly believes that the **student** part comes before the **athlete**. Take care of your academics! If a student has been ineligible for two consecutive grading periods, there are no other options to become eligible other than to get above a 2.0 in the next grading period.

How do we stay informed of our student-athletes' game and practice schedules?

All coaches will have their practice and game schedules updated on InstaTeam when their respective season is underway. Game schedules are also updated on our San Rafael High School Athletics Site on teams individual pages. Please be mindful that practices and games are subject to change at any time!

Where are practices held ?

We are extremely grateful that San Rafael High School has such great facilities for our student athletes. All of your sports other than Golf and Mt. Biking practice at San Rafael High school. Coaches may hold team dinners, team outings and other team events off campus if they wish to do so.

Traveling to Away Games

San Rafael students are expected to take themselves to away sites. Students with a valid California Driver's License may drive themselves within county lines. If the game site is out of county lines a parent/guardian must drive. The athletic department will sometimes be able to provide transportation for North Coast Section and CIF playoff games.

My student-athlete did not attend school today. Can they still play?

All San Rafael High School student athletes must attend more than 50% of their school classes in order to practice or play with their team. If the game falls on a Saturday or on a holiday the student must have attended more than 50% of their classes the day immediately before.

i.e. In order for a student to be eligible to play on a Saturday Football game the student must have attended more than 50% of their classes on Friday.