Welcome to the 2020 Virtual Athletic Kick Off!

sponsored by:

Woodside Athletic Department
&
Athletic Boosters Organization (ABO)

Host - Athletic Director: **Tim Faulkner**

Principal: **Diane Burbank**
Administrative Vice-Principal: **Chuck Velschow**
Administrative Assistant: **Zayra Padilla**
Student Activities Director: **Leslie With**
ABO President: **Meredith McLean**
Introduction of WHS Coaches
WHS SPORTS & COACHES
Athletic Trainer: Andrew La
Strength & Conditioning Coach: Dan Peterson

Sport: Cheer
Coach: Jaymie Guillena

Sport: Dance
Coach: Nina Nesmith

Sport: Varsity Football
Coach: Justin Andrews

Sport: JV Football
Coach: Fernando Valencia

Sport: Cross Country
Coach: Al Hernandez

Sport: Varsity Volleyball
Coach: Vladimir Tchernichov

Sport: JV Volleyball
Coach: Ricardo Domonte

Sport: Frosh Volleyball
Coach: Bruno Antonino

Sport: Varsity Boys WOPO
Coach: Cam Vaughan

Sport: Girls Varsity Basketball
Coach: Lauren Denenberg

Sport: Boys Varsity Basketball
Coach: Scott Stingel

Sport: Boys JV Basketball
Coach: Lance Wu

Sport: Boys Frosh Basketball
Coach: Ed Westermark

Sport: Girls Varsity Soccer
Coach: Chris Pedrin

Sport: Boys Varsity Soccer
Coach: Stephanie Couch, Mandy Bradley

Sport: Boys JV Soccer
Coach: Dan Rogers

Sport: Boys Frosh Soccer
Coach: Tim Goode

Sport: Swimming
Coach: Stacey Myers, Kevin Miller

Sport: Varsity Baseball
Coach: Megan Wride

Sport: JV Baseball
Coach: Alexa Daines

Sport: Girls Varsity Lacrosse
Coach: Hector Carlos

Sport: Girls JV Lacrosse
Coach: Alexa Daines

Sport: Boys Lacrosse
Coach: Nina Staves

Sport: Varsity Softball
Coach: Stephanie Couch, Mandy Bradley

Sport: JV Softball
Coach: Megan Wride

Sport: Badminton
Coach: Nina Staves
Explanation of Athletic Support

How do we pay for sports at Woodside High School?
Funding for Woodside Athletics

1) Sequoia Union High School District
2) Woodside Student Activities
3) WHS Facility Rentals
4) Athletic Booster Organization (ABO)

**Some of these revenue sources will be greatly impacted this school year**
The District pays for...

- Coaching stipends for **head coaches**
- Stipends for **a few assistant coaches** (2 each) for track/field and football
- Facility **improvements** (ex: new Softball Field is bond money) and maintenance (gym floor was redone in 2017)
- Our **Athletic Trainer** - Andrew La - :) - +30 hours per week all year
- Athletic Budget - bus **transportation, supervision** at games, **reconditioning** of equipment.
Student Activities pays for...

- **Officials** for *ALL* sports ($30,000 in 2019-20)
- Each sports program has its own club account; that money must be spent on the activity (ex: officials for non-league games, uniforms and equipment)
- **Administrative League fees** (PAL and CCS)
- Extra training supplies
- Some common equipment (new ice machine, gym score table)
How is Student Activities funded? (In a normal school year)

Two primary sources...

1) **PAL Stickers** ($30-$35) - students purchase this once they have their ID, provides discounts to school events and supports their activities. [bit.ly/WHSorderform](https://bit.ly/WHSorderform)

2) **Attendance** at football and basketball games - please remember by attending these games you are supporting **ALL** of our teams on campus! Example - Pays for officials for **ALL** sports.
Facilities

(rental income) pays for:

- **Maintenance** (school site and the district collaborate) - ex: new baseball netting, repairs, lining of fields, custodians
- **Supervision** of events
- Recently due to the pandemic, we have not had facility rentals since March 2020 and will likely not rent through at least December.
Athletic Booster Organization (ABO) funds...

- Everything else!
  - Strength + Conditioning Program/all athletes
  - 4 Assistant Coach Stipends
  - Uniforms + Equipment (ie; Cheer Mats + Safety Nets for Bradley Field)
  - Sports Awards Ceremonies
  - Senior Sports Scholarships
  - Hudl System for Team Analysis/Review
How will the ABO fund these important programs?

- Direct Donations
- Sponsorships
- Spiritwear - **ON SALE NOW!**
  
  https://woodsideathletics.membershiptoolkit.com/packet/15080730

- Crab Feed - **Save the date!** - February 6, 2021

- Season Ticket Sales - Football + Basketball

The ABO relies on these fundraising efforts to support the WHS Athletic Department which consists of 22 Sports, 45 teams and over 700 athletes.

Go Wildcats! Donate at: www.woodsideathletics.org
Follow us:  
Instagram: https://instagram.com/woodsideathleticboosters/  
Facebook: https://facebook.com/woodsideabo

Contact us: woodsideabo@gmail.com

WHS Athletic Boosters Board of Directors and Committee Chairs

Board of Directors:

President: Meredith McLean
Vice President: Steve Buddie
Treasurer: Tammy Cattarin
Secretary: Elizabeth Land
Community Representative: Karen Peterson

Committee Chairs:

Spirit wear Sales: Karin Delfs + Camellia Roe
Sponsorship Chair: Suzy Rohlfes + Jeanie Jackson
Bookkeeper: Dana Hart
Website Communications/IT: Menko Johnson
Volunteer Coordinator: Alison Benjamin
Crab Feed Chair: Maureen Goode
2020-2021 WHS Athletic Information

**Per San Mateo County Guidelines**

- We successfully completed a five week, summer conditioning program that served over 200 WHS athletes.
- Athletes were in a 12-1 student to coach ratio (cohort group) for the 5 summer weeks. Groups practiced between 2-4 times per week.
- Total of 20 summer cohort groups of multiple sports.
- Attendance and temperature checks were taken before every training session.
## 2020-2021 WHS Athletic Information

Per CIF (California Interscholastic Federation)

### Central Coast Section (CCS) Sports Calendar:

#### Season 1:
- **Football**: December 14, 2020
- **Cross Country**: December 14, 2020
- **Volleyball**: December 14, 2020
- **Water Polo**: December 14, 2020
- **Cheer (yearlong)**: N/A
- **Dance (yearlong)**: N/A

#### Season 2:
- **Badminton**: February 22, 2021
- **Soccer**: February 22, 2021
- **Tennis**: February 22, 2021
- **Swimming**: March 8, 2021
- **Wrestling**: March 15, 2021
- **Basketball**: March 15, 2021
- **Baseball**: March 15, 2021
- **Golf**: March 15, 2021
- **Lacrosse**: March 15, 2021
- **Softball**: March 15, 2021
- **Track**: March 15, 2021
2020-2021 CIF Bylaw Modifications

- Temporary Suspension of CIF Bylaws 600-605 (Outside Competition): Due to the need to move sports to non-traditional times of the year, the CIF has temporarily suspended Bylaws 600, 601, 602, 603, 604, and 605 for all sports for the 2020-21 school year. Accordingly, students **WILL BE** allowed to participate on an outside team at the same time they participate on their high school team.

- **The Central Coast Section Executive Committee has extended the CIF/CCS summer period through Saturday, December 12, 2020. We **MAY** begin all athletic conditioning (cohort model) in the Fall. These cohort groups must follow the most current San Mateo County Health Guidelines.**

- The PAL (Peninsula Athletic League) has approved multi-sport participation for athletes participating in two high school sports during the same season (this year only).

2020-2021 WHS Athletic Information

Important Reminders

- The usual three seasons of sports has been condensed into two seasons (as seen on the CCS calendar)
- Sophomores, Juniors, & Seniors will still earn PE credit for completing a season of an on-campus sport.
- **Required for in season sports participation - Sportsnet Registration / Updated Physical (valid for one year).
- Link for registration/forms from the WHS Athletic Website: https://www.woodsidehs.org/ATHLETICS/Athletic-Department/index.html
- Please direct any questions to Athletic Director, Tim Faulkner, tfaulkner@seq.org
Thank you for attending
GO WILDCATS!!

Frosh Parent Zoom Orientation begins at 6:00 pm hosted by
Mrs. Burbank