



Cosumnes Oaks High School

COHS/Athletic Department
8350 Lotz Parkway
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George Smith, Athletic Director

Maps to Northern California

schools www.cifsjs.org "Maps:

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, these athletic programs have been established to increase the confidence of our students. Many of the character traits to be a successful student-athlete are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes both you and your child's experience with Cosumnes Oaks High School Athletic Program less stressful and more enjoyable.

Go Wolfpack!
George Smith
Athletic Director
Cosumnes Oaks High School

COACHES CONTACT INFO:

Athletic Director: George Smith: gtsmith@egusd.net

Assistant AD: Martin Billings: MBilling@egusd.net

Fall Sports:

Football: Martin Billings: MBilling@egusd.net

Cross Country: Zachary Groves: zgrovest@egusd.net

Golf: Earnest Spencer: esjspencer2000@yahoo.com

Cheer: Jerris Robinson: wjrob9@gmail.com

Girls Volleyball: Lisa Fowkes: cohswomensvolleyball@gmail.com

Girls Tennis: Chris Wall: cwallapple@me.com

Winter Sports:

Boys Basketball: Sheridan Crite: sheridan.crite@gmail.com

Cheer: Jerris Robinson: wjrob9@gmail.com

Girls Basketball: Paul Powner: powner21@yahoo.com

Wrestling: Ivan Ruvalcaba: emailivanr@gmail.com

Boys Soccer: Michael Stanton: michaelj.stanton@yahoo.com

Girls Soccer: Emmanuel Vega: emmanuelvega916@yahoo.com

Spring Sports:

Softball: TBA: gtsmith@egusd.net

Baseball: TBA: cohbaseballboosters@gmail.com

Swimming: TBA: gtsmith@egusd.net

Track: Mark Taylor: mtaylor@egusd.net

Boys Golf: Patrick Roth: PRoth@egusd.net

Coed Tennis: Chris Wall: cwallapple@me.com

Boys Volleyball: Hugo Cornejo: cornjodwood@gmail.com

Cosumnes Oaks High School

"Home of the Wolfpack"

Cosumnes Oaks High School is a member of the California Interscholastic Federation (CIF) and currently a member of the Delta league.

League Championships

Softball: 2010, 2011, 2013, 2014

Wrestling: 2012

Boys Basketball: 2012, 2013, 2015

Girls Basketball: 2019, 2021

Girl's Track: 2015 Girls Cross Country: 2017

Tennis: 2014, 2015, 2018

Football: 2013, 2014

Girl's swimming: 2014

Boys Soccer: 2013, 2014, 2015, 2018

Girls Soccer: 2018

Girls Volleyball 2021

CIF Champions

Track: 2011, 2012, 2013, 2014, 2015, 2018

Boys Soccer: 2013, 2015, 2017

Boys Tennis 2022

Girl's Tennis: 2015

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our students. As parents, when your child becomes involved in our athletic program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child.

Communication you should expect from your Child's coach

1. Philosophy of coach
2. Expectations the coach has for your child as well as all the players on the squad.
3. Location and time of all practices and contests.
4. Team requirements, i.e. fundraising, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. End of the year banquets/awards

Communication Coaches Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.



Appropriate Concerns to Discuss with Coaches.

1. Treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept that your child is not playing as much as you hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches.

1. Play Time
2. Team Strategy
3. Play Calling
4. Other student-athletes

There are often situations that may require a conference between the coach and the parents. The student/athlete will be invited and involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged.

If there is a concern:

Have your son or daughter talk to the coach one-on-one. This is the process of growing up and taking personal responsibility. If this does not resolve the problem, the parent should:

***Call to set up an appointment with the coach. * If the coach cannot be reached, call the Director of Athletics, George Smith at (916) 683-7670 ext. 40060. ***
Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolution.

The next step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

*Call and set up an appointment with the Director of Athletics to discuss the situation.

* At this meeting the appropriate next step can be determined.

Fall Sports

Football, Cheer, Cross Country, Girls Volleyball and Girls

Tennis

Winter Sports

Wrestling, Cheer, Boys and Girls Basketball and Boys and Girls Soccer

Spring Sports

Baseball, Softball, Track & Field, Boys Tennis, Swimming, Boys Golf, Boys Tennis, Boys Volleyball.

Student Eligibility

1. Minimum 2.0 GPA from the last grading period and they cannot have 2 F's to be eligible to play in games.
2. All athletes must fill out an athletic profile page through the website www.athleticclearance.com
3. Students must be currently enrolled at COHS.
4. All new student-athletes that attended another high school the prior year must be cleared by CIF in order to participate in athletics at COHS.
5. All new student-athletes must schedule a meeting with the Director of Athletics to verify eligibility.