

KEHILLAH ATHLETICS



Dear Kehillah Student-Athletes and Families,

With the conclusion of the 2022-2023 school year comes a quick turnaround before the Fall sports season.

Athletic forms must be submitted before participating on an athletic team. The interest form helps us plan and disseminate information:

Athletic Forms:

- [Online Forms](#)
- [Printable Health Examination Form](#)

Interest Form: To help us plan for the upcoming school year.

- [Athletics Interest for 2023-2024](#)

Please reach out if you have any questions, and I hope you decide to play sports at Kehillah!

Thank you and have a wonderful Summer!

Ryan Greenfield

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Kehillah Athletics:

The goal of the athletics program is to provide a positive and fun environment for students to learn and practice a variety of sports, and compete against other local schools. Most of the Kehillah sports are Co-ed, and unless we have a reason to limit the size of the roster, we do not turn away players. It is a great opportunity for students to meet new friends, and participate in physical activities that are based around their interests.

Fall 2023 First Week of School Important Dates:

Monday, August 21, 2023: Kinnus, NO SPORTS PRACTICES

Tuesday, August 22, 2023: Possibly holding Team Meetings for Fall sports.

Wednesday, August 23, 2023**: Either team meetings or first day of practice.

Thursday, August 24, 2023**: Practices for the Fall season

**All forms must be turned in before athletes are allowed to participate

Athletic Forms:

In order to play sports at Kehillah, it is required by the state of California that all athletes are cleared to participate. The health examination must be completed within 12 months of the participation dates. These are often completed during yearly physicals, but can also be completed retroactively by physicians, or at a wellness checkup ([CVS, sports physical](#)).

Please note that all forms need to be signed and returned before they can participate in any activity (practice, match). This is California state law.

- Online Forms: This set of forms is viewed and signed online, with no need to submit hard copies.

- [Online Forms](#)
- Health Examination: This form needs to be signed by a physician and either turned in as a hard copy or submitted electronically so that I can print it. Doctors' offices may have a different pre-participation sports form for high school athletics, which will work.
 - [Printable Health Examination Form](#)

Athletic Interest Form:

Things may change between now and each season, but please take a minute to complete this form, as it helps us plan.

[Athletics Interest for 2023-2024](#)

Seasons and Teams:

The Fall and Winter seasons are typically the most intense with regards to competition. The Spring season is a bit truncated due to beginning after class trips and then concluding before reviewing for finals. In the event that we do not have enough players to participate, we may need to lessen or cancel the season.

There are three athletics seasons throughout the school year: Each lasts approximately 2-3 months.

- Fall Season: Late August to Late October
 - Cross Country, Co-ed
 - Girls Volleyball, Varsity
 - Soccer, Co-ed, Varsity
- Winter Season: Late October to Mid-February
 - Boys Basketball, Varsity and a development JV** team
 - Girls Basketball, Varsity
- Spring Season: Early March to Early-May
 - Baseball, Co-ed, Varsity team if there are enough players.
 - Tennis, Co-ed, mainly a recreational option that plays a couple matches.
 - Track, Co-ed, Team that competes in the PSAL league.
 - Boys Volleyball

**For teams with a jv option, it is dependent on the number of students that are interested in participating.

Student Athlete Participation and Commitment:

- Kehillah typically has about 40-50% of its students participating in athletics each year, many playing multiple sports.
- Athletics is a big commitment with teams practicing/competing 3-4 days per week (no athletics on Friday and Saturday in observance of Shabbat).
- Most teams have quite a few early dismissals to get to athletic contests, so it is very important that student-athletes are using their time wisely, communicating with their teachers and coaches, and staying on top of their academics.

Kehillah's JV and Varsity Teams:

Most of Kehillah's teams are played at the varsity level. Depending on interest, space, coaching, Kehillah will hold JV teams, but it varies from year to year.

The varsity team is the team that competes in the league. The top players are on the varsity team (unless it's only one team, in which case everybody is on it, but playing time might not be equal).

The jv team is a developmental opportunity for players to get skills, repetitions, and practice before playing on the varsity team. The jv season is typically less intense, and the playing time should be more equal as the goal is to improve and find a way to contribute to the varsity team when that day arrives.

At Kehillah, due to a variety of factors we do not always have a jv option, and we do our best to make sure that everybody has an opportunity if they are willing to put in the time and effort.

League and Section: PSAL and CCS

Kehillah plays in the Private School Athletic League (PSAL) for all league sports. The PSAL is made up of schools that are around 50-600 students, and Kehillah falls somewhere in the middle with regards to size and competitiveness.

The PSAL is a part of the CCS, which is this region's governing body. The postseason tournaments that we strive to participate in are the CCS playoffs. Due to Kehillah's size, when we make the playoffs, we play in division five or six, which are schools with under 500 students.

Frequently asked questions...

Do I need to turn in a health form if I turned in the form last year? - Most likely, YES. The forms need to be submitted each year, and they are only valid for 12 months from the check-up date.

Where do we practice? - At the OFJCC across the street for volleyball, basketball. At local fields/courts/tracks for soccer, tennis, baseball, cross country and track.

When are practices? - After school on most days Monday through Thursday. Kehillah does not practice or play on Friday and Saturday in observance of Shabbat. Practices begin after school, typically about 15-30 minutes after the day has concluded.

How do I get to games? - Kehillah provides rides to contests. Some days we are stretched thin for drivers, but we do our best to get as many student-athletes to contests as possible.

As a parent/guardian/friend/relative, can I drive students to games? - Kehillah requires all personnel that transport students (other than their own) to perform a background check and submit driving documents. If you would like to drive to contests, please fill out the following form and we will reimburse for the background check. Drivers are very helpful, and it's fun to watch the contests! [Driving Background Check](#)

What should I do if I'm going to miss class? - Communicate with the teacher IN ADVANCE so that the teacher can plan the lesson, and know if they need to make an adjustment. If you don't communicate, it may not be excused.

I play a club sport, can I play at Kehillah? - This depends on the sport and season. If it is the same sport (ex. club basketball and Kehillah basketball), not at the same time. If it is a different sport (club soccer and volleyball) it is okay. The only sport you are allowed to participate in club and Kehillah at the same time is Fall soccer.

Can I receive PE credit for outside sports/activities? - It is typically a structured athletic activity that is performed for three hours per week, and can be signed off by an instructor. There is a form to fill out: [Outside PE Credit](#)

What forms do I need if I have transferred from another high school?

The CCS requires transferring students to fill out the following document to determine eligibility: [CIF/CCS Transfer Document](#).

If you have any questions, please reach out to Ryan Greenfield, rgreenfield@kehillah.org