



HILLSBOROUGH RECREATION SPORTS INFORMATION NIGHT

Thursday, August 30th 2023

2023-2024 Season Schedules

1. Fall Sports: Flag Football, Volleyball, and Cross Country
 - a. Sign-Ups—online
 - b. Practices—
 - i. Flag Football and Volleyball practices—Week of Tuesday, September 5th
 - ii. Cross Country practices— Tuesday, September 12th
 - c. Season--
 - i. Flag Football and Volleyball games—Monday, September 18th —Thursday, October 26th
 - ii. Cross Country Finals 10/26
2. Winter Sports: Boys and Girls Basketball
 - a. 7th/8th grade Basketball
 - i. Sign-ups—online now through October 30th, 12:00 noon
 - ii. Evaluations—
 1. 7th grade girls basketball, Monday, October 30th 3:30—4:30
 2. 8th grade girls basketball, Monday, October 30th 4:30—5:30
 3. 7th grade boys basketball, Monday, October 30th 5:30—6:30
 4. 8th grade boys basketball, Monday, October 30th 6:30—7:30
 - iii. Callbacks-- **Wednesday, November 1st is a non-school day.**
 1. 7th grade girls basketball, Wednesday, November 1st 3:30—4:30
 2. 8th grade girls basketball, Wednesday, November 1st 4:30—5:30
 3. 7th grade boys basketball, Wednesday, November 1st 5:30—6:30
 4. 8th grade boys basketball, Wednesday, November 1st 6:30—7:30
 - iv. Practices begin—Monday, November 6th
 - v. Games begin—Monday, December 4th—Tuesday, January 30th
 - vi. 8th grade—all divisions of 8th grade basketball have a playoff at the end of the season to determine league champions.
 - b. 6th Grade Basketball
 - i. Sign-ups—Online from Wednesday, November 1st—Monday, January 29th at 12:00 noon
 - ii. Evaluations— 6th grade girls, Monday, January 29th 3:30—4:30
6th grade boys, Monday, January 29th 4:30—5:30
 - iii. Callbacks-- 6th grade girls, Wednesday, January 31st 3:30—4:30
6th grade boys, Wednesday, January 31st 4:30—5:30

To register for these sports programs, call **650.342.5439** or please visit:

www.hillsboroughrecreation.com

- iv. Practices begin—Monday, February 5th
- v. Games begin—Tuesday, February 20th —Thursday, March 28th
- 3. Spring Sports: Golf, Pickleball, Badminton, Tennis, and Track
 - a. Sign-ups—Golf, Pickleball, badminton and Track online—Monday, February 24th—Friday, April 5th
Tennis—Tryout Sign-up will be determined later
 - b. Evaluations (Tennis only)—Still TBD
 - c. James Culligan Memorial Tournament tentatively scheduled for May 28th

HILLSBOROUGH RECREATION SPORTS—GOOD INFORMATION TO KNOW

1. Welcome

- a. Introduction
 - i. Location of Recreation Office
 - ii. Website: www.hillsboroughrecreation.com
- b. Hillsborough Recreation philosophy: Joint powers agreement between the Hillsborough City School District and Town of Hillsborough. Hillsborough Recreation is committed to providing quality recreational facilities and programs, and enriching opportunities to benefit the health and well-being of our community. Middle School Sports is one aspect of that. Hillsborough Recreation is committed to our mission in providing a safe, positive, learning experience for all of youth sports participants and their families. Parents and coaches are a major facet in this program and without you we would not be able to continually provide the high quality program our community expects. We welcome your involvement and thank you in advance for all that you do to support Hillsborough Recreation and our youth sports programs.

2. North County Recreational League (NCRL)

- a. Recreation Departments participating and corresponding middle schools
 - i. Burlingame Recreation (BIS), Millbrae Recreation (Taylor), San Bruno Recreation (Parkside), South San Francisco Recreation, Brisbane Recreation (Lipman)
- b. Seasons—Sports
 - i. Fall-- Flag Football, Volleyball, Cross Country (September—October)
 - ii. Winter—Boys and Girls Basketball (November—March)
 - iii. Spring—Golf, Pickleball, Badminton, Tennis, and Track (March—May)
- c. Games and Practices
 - i. Expectations are 3 activities a week at the maximum with any combination of games and practices
 - ii. First two weeks after evaluations are dedicated to practices and are considered practice weeks, season typically starts the third week after evaluations.
 - iii. Practices—Usually afterschool, occasionally morning or evening M—F

- iv. Games—Usually played between 4—9pm M—Th (we tend to stay away from Fridays unless we need a make-up day or there are too many days off in the schedule to complete the season)
- v. Equipment—When a sport requires equipment, please have your son/daughter bring that equipment to the Recreation Office, not the Crocker Office (i.e. cleats, jerseys, basketball shoes, golf clubs, tennis racquets, etc.)
- d. Schedules
 - i. Schedules are made by Hillsborough Recreation (specifically, me) for the entire league.
 - ii. Meeting is held with other directors from the NCRL after sign-ups are complete to determine league size, facility availability, and coach requests.
 - iii. Cannot make schedules until directors meet and we have teams secured
 - iv. Cannot create in-season practice schedules until game schedules are completed and confirmed correct.

3. Coaches

- a. Who are they???
 - i. HCSD Staff, outside adults, college and high school students, former Crocker students and athletes
 - ii. Parents of current students are used as last resort-but does happen
- b. Expectations
 - i. Attend coaches' meeting
 - ii. Communicate consistently with parents
 - iii. Maintain level of responsibility to parents, players, and Recreation staff
 - iv. Represent **Hillsborough** in a positive way

4. Registration Process

- a. The Hillsborough Recreation brochure has become our main mode of communication about our afterschool sports program. We outline all of the deadlines and evaluation times in that booklet.
- b. There will be announcements made at school and in the PE classes.
- c. If you participated in the program the previous year, you will receive an email blast reminding you to sign-up by the deadline.
- d. **ALL** sign ups must be done online on the Recreation website.
- e. Fall and Winter sports require registration by the deadline as we have a finite number of coaches with a finite number of players per team.
- f. Players who register after the deadline will be put on a waiting list with no guarantee of being on a team.
- g. Please be aware/realistic of the time commitment and the schedule of your child before signing up—We will not make accommodations of the schedules to match your child's needs.

5. Evaluations

- a. Evaluations will be posted on the website and will be emailed to all registered and past registrants.

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- b. Please be aware of Evaluations when you sign up.
- c. Coaches and staff will evaluate players—not an exact science and yes we do make mistakes—remember it is a Recreation league and the goal is to play and have fun.
- d. There is 1 “A” team for each grade (boys and girls)—No “A” team for 6th grade fall sports; 6th grade basketball has an “A” team in the winter.
- e. There is 1 “BB or Power B” team for boys basketball—No “BB” for girls basketball, flag football, or volleyball
- f. Cross Country, Track, Golf, and Boys Volleyball do not have evaluations.
- g. Tennis is our only **“CUT” sport**—We take 40 tennis players based on availability of space

6. Sportsmanship

- a. Players are expected to act with dignity and respect to teammates, opponents, and facilities.
- b. Parents are there to be supportive of players and coaches
- c. Any unsportsmanlike conduct by parents or players may be subject to ban from future events.

7. Communication Plan

- a. Once signed up for a sport, you will be notified when evaluations will be held, when rosters will be posted, and when the initial practices will occur through email, through our website, and the Recreation board.
- b. Once coaches have rosters with contact information, they will email an introduction to you, and give you their preseason practice schedule. This schedule will also be posted on the team Google Calendar on the website.
- c. Once game schedules are completed (usually mid-second week of practices), coaches will get together to create a master list of practice times that coordinate with game schedules. This master practice schedule will be made available on our website via the team Google calendar.
- d. You will receive an email weekly to visit the hillsborough recreation website and check your team’s practice/game schedule.
- e. If you are not receiving any of this information, please email or call the Recreation office to make sure we have your current information.