

OAK HILLS HIGH SCHOOL STUDENT ATHLETE HANDBOOK

THE TRADITION STARTS NOW

As a Bulldog athlete your hard work and efforts will help shape traditions at Oak Hills High School. We want to gain a strong reputation built on:

- School Pride
- Respect
- Hard Work
- A Strong Desire to be Successful
- Good Sportsmanship

Work hard to be your best and to make your team mates their best!

The purpose of this handbook is to provide Student Athletes with the information needed to assist them in being a successful athlete in interscholastic athletics at Oak Hills High School. Student Athletes are held to a high standard and are expected to represent Oak Hills High School with their behaviors on and off the field.

Oak Hills High School will compete as a freelance team in the Southern Section of the Citrus Belt Area of the California Interscholastic Federation (C.I.F.) during the 2009-10 school year. We will become part of the Mojave River League in the 2010-2011 school year.

C.I.F. VISION

The C.I.F. Vision for high school students in California is to develop values, attitudes, and skills for personal growth and the benefit of our multicellular society through participation in interscholastic athletic activities. For the student athletes at Oak Hills High School, C.I.F. means:

Competition...The opportunity for students to acquire life long skills and to experience the excitement and camaraderie of participation in athletics.

Integrity...The commitment to honesty, responsibility, scholarship, and respect for others.

Fairness...The belief in the principles of equity, sportsmanship, and student welfare.

OAK HILLS HIGH SCHOOL

MISSION STATEMENT FOR STUDENT ATHLETES

Oak Hills High School student athletes will become effective citizens in our democratic society by developing self discipline, respect for others, a spirit of hard work and sacrifice, and a sense of teamwork by participating in interscholastic athletics.

OBJECTIVES FOR STUDENT ATHLETES

1. A student athlete at Oak Hills High School shall demonstrate good **SPORTSMANSHIP** at all times. To accept winning and losing with the same spirit...always demonstrating emotional control, honesty, and respect for coaches, teammates, opponents, officials and spectators.
2. A student athlete at Oak Hills High School shall always strive to his/her very best effort. Our society is very competitive. We don't always win but we succeed when we continue to strive to do so.
3. A student athlete will develop desirable personal health habits. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise, proper nutrition and good health habits. This level of physical fitness needs to be maintained during the season of sport and throughout the school year.
4. A student athlete works hard to improve his/her skills. Continual improvement is essential to good citizenship. An athlete must set high goals and

- work hard to reach those goals providing positive leadership for other students to model.
5. A student athlete enjoys athletics. Student athletes must acknowledge all the personal rewards he/she derives from athletics and give back to preserve and improve the program.

WHAT IS **SPORTSMANSHIP**?

SPORTSMANSHIP is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

SPORTSMANSHIP is a blending of cheers for “your team” and applause for the “opponents”, observing the letter and spirit of the rules, and showing consideration for others.

SPORTSMANSHIP is the “golden rule” of athletics – treating others as you wish to be treated.

SPORTSMANSHIP is all this and much more.

FOR A COACH, **SPORTSMANSHIP** may be accepting a “questionable call” without protest.

FOR AN ATHLETE, it may be extending a helping hand to an opponent who is down.

FOR A SPECTATOR, it may be cheering for his team when it loses, and applauding the opponent when it wins.

FOR AN OFFICIAL, it may be showing restraint when verbally assaulted by coaches, athletes and spectators.

SPORTSMANSHIP encompasses all that which is good in human nature.

SPORTSMANSHIP is citizenship in action.

Oak Hills High School believes that the primary purpose of athletics is to promote good sportsmanship. Every effort will be made on the part of the school to guarantee that athletic contests are held in a sportsmanlike environment.

Everyone associated with athletic events...coaches, athletes, officials, cheerleaders, spectators, teachers and administrators play an important role in seeing that the standards of sportsmanship are upheld before, during, and after a contest is played.

Each person in attendance should work to perfect these fundamentals of **SPORTSMANSHIP**.

Show respect for the opponent at all times:

The opponent should be treated as a guest, greeted cordially on arriving, given the best accommodations and accorded tolerance, honesty, and generosity which all humans deserve. Sportsmanship is the "Golden Rule" in action.

Show respect for the officials:

The officials must be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability.

Sportsmanship implies the willingness to accept and abide by the decisions of the officials.

Know, understand and appreciate the rules of the contest:

A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.

Maintain self-control at all times:

A prerequisite of sportsmanship requires one to understand his/her own bias of prejudice and the ability to prevent the desire to win for overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.

THE ATHLETE

The athlete should...

Accept seriously the responsibility and privilege of representing the school and community.

Treat opponents with the respect that is due them as guests and fellow humans.

Shake hands with opponents and wish them good luck before the contest.

Exercise self-control at all times, accepting decisions and abiding by them.

Respect the judgment of the officials and their interpretations of the rules. Never argue or make gestures indicating dislike for a decision.

Only the captain should communicate with the officials regarding the clarification of a ruling.

Accept both the victory and defeat with pride and compassion, never being boastful or bitter.

Congratulate the opponents in a sincere manner following either victory or defeat.

Cooperate with the coach and fellow athletes in trying to promote sportsmanship.

Welcome the opportunity to discuss the rules and strategies of the contest with parents and friends so they can better understand and appreciate the finer points of the game.

ATHLETIC CODE

Participation in athletics at OHHS means more than competition between individuals or teams representing different high schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork. It teaches that to quit means failure, while to work hard means success. Participation on an athletic team is a PRIVILEGE that is extended to every student who is eligible under regulations set up by the State of California Inter-Scholastic Federation (C.I.F.), Hesperia Unified School District, and Oak Hills High School. With every privilege comes responsibility. The conduct of an Oak Hills athlete is closely observed by many people. An athlete is a representative of a team, the school and the community. It is important; therefore, that an Oak Hills High School athlete be at all times and in all places a gentleman or lady. Any situation not specifically covered in this code will be referred to the Athletic Director. The following rules indicative of the school's philosophy are in effect during the school year.

1. **RULES AND REGULATIONS**

A. In order to be cleared to participate in a sport an athlete must have the following:

1. Completed ACTIVITY/ATHLETIC CARD which includes the following:
 - a. Sports Physical (good for one school year)
 - b. Medical insurance information

- c. Signature from parent giving permission to participate and travel with team(s).
 - d. Hospital preference
 - e. "Assumption of Risk and Waiver, Release and Indemnity Agreement" (state mandated) signed by parent, athlete, and witness
- 2. Minimum 2.0 G.P.A. for grading period prior to start of season.
 - 3. Athletes' Code of Ethics form signed by parent and athlete.

B. Once an athlete has made the team:

- 1. He/she must purchase an ASB Card (good for one school year)
- 2. Be free of school debts.

C. Profanity has no place in athletics and will not be tolerated.

D. Any athlete who loses his/her eligibility because of grades forfeits the rights to letters and awards that he/she may have otherwise been entitled to receive.

E. Acceptable dress and grooming standards for each team will be set by the head coach of that team.

F. Other rules of acceptable conduct for athletes will be set by the head coach of the sport.

The head coach of a sport reserves the right to dismiss from his/her squad any athlete that does not abide by the rules and regulations set up for that sport. Any student so dropped from a squad forfeits all rights to letters and awards that he/she may have otherwise been entitled to receive.

G. ATHLETES FIGHTING BEFORE, DURING, OR AFTER A GAME – AN AUTOMATIC 3-5 DAY SCHOOL SUSPENSION. A SECOND OFFENSE (ANY TIME DURING THE YEAR) MAY RESULT IN A 365-DAY REMOVAL FROM ATHLETIC PARTICIPATION AT OAK HILLS HIGH SCHOOL.

H. AN ATHLETE WITH A SECOND OR THIRD TECHNICAL IN ONE GAME OR A “RED CARD” WILL RECEIVE A ONE-GAME SUSPENSION. IF AN ATHLETE WERE TO RECEIVE A SECOND “RED CARD”, A TREND IS BEING ESTABLISHED, AND THE RESULT MAY BE A TWO-GAME SUSPENSION. IN ADDITION, THE ATHLETE WILL MEET WITH THE ATHLETIC DIRECTOR DURING WHICH HE/SHE WILL BE TOLD THAT A THIRD INCIDENT MAY RESULT IN A 365-DAY SUSPENSION FROM ATHLETICS AT OAK HILLS HIGH SCHOOL.

I. C.I.F. CONSTITUTION AND BY-LAWS, ARTICLE 5, BY-LAW 522: ANY STUDENT WHO PHYSICALLY ASSULTS THE PERSON OF A GAME OR EVENT OFFICIAL SHALL BE BANNED FROM INTERSCHOLASTIC ATHLETICS FOR THE REMAINDER OF THE STUDENT’S ELIGIBILITY. A GAME OR EVENT OFFICIAL IS DEFINED AS A

REFEREE, UMPIRE OR ANY OTHER OFFICIAL ASSIGNED TO INTERPRET OR ENFORCE RULES OF COMPETITION AT AN EVENT OR CONTEST. A STUDENT MAY, AFTER A LAPSE OF 18 CALENDAR MONTHS FROM THE DATE OF THE INCIDENT, APPLY FOR REINSTATEMENT OF ELIGIBILITY TO THE STATE COMMISSION.

- J. The athlete shall accept the responsibility for all athletic equipment issued and will provide for its proper cleaning and care, safe storage, maintenance, and return. An athlete may not participate in any further athletics until he/she has either returned or paid for all issued equipment. Issued equipment may be worn at practices and on game days only. On game days, only the team may wear a jersey, jacket, etc. Report cards and transcripts will be held up if these are not returned.
- K. An athlete quitting a team without the permission from the Athletic Director and the head coach will be suspended immediately from all athletics for the remainder of the season of that sport.
- L. Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplement.

Before participating in interscholastic athletic, a student athlete and his/her

parent/guardian shall sign an agreement that the student athlete shall not use steroids, unless the student has a written prescription from a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

A student who is found to have violated the agreement or this policy may be restricted from participating in athletics and may be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

- M. The use of or possession of any controlled substance is strictly forbidden during the season of the sport and strongly discouraged outside the season of the sport.

Any violation of the law in the community or a serious breach of school regulations is also strictly forbidden. The use of tobacco is also prohibited in any of its forms.

Any athlete who violates Rule “M” will be dealt with by the coach and administration according to school and district policies. The administration at OHHS, in enforcing school and district policies, may at any time suspend or remove an athlete from participation in athletics.

OAK HILLS HIGH SCHOOL ATHLETICS
PROFILE OF THE IDEAL PARENT

1. Support your child and attend as many contests as possible.
2. Avoid putting pressure on your offspring to start, score, or be the star of the team.
3. Support the coach in public and around other parents and fans.
4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
5. Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school. Participation in athletics is a privilege and not a right.
6. Serve as a good role model for the students, athletes, and other fans.
7. Contribute as a volunteer by helping with projects and committees.
8. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
9. Attend the pre-season parents' meeting.
10. Serve as beacons of good sportsmanship.
11. Show respect to everyone involved in high school athletics – the coach, athletes, fans, officials, and administrators.
12. Follow the chain of command at Oak Hills High School when you have a concern.
13. Express concerns and questions in a courteous and civil manner and do it at the right time and in the proper setting.
14. Abide by all policies, regulations, and procedures for our athletic program.
15. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
16. Avoid constant and chronic complaining.

ATHLETIC DEPARTMENT POLICIES

ATHLETIC INJURY PROCEDURE:

The athletic staff of Oak Hills High School is concerned with the prevention and care of athletic injuries. The staff would like to make you aware of the policy that exists at Oak Hills High School regarding the responsibilities and procedures to be followed by student athletes, parents, coaches and administration.

The following steps should be followed to assist in the prevention of athletic injuries:

1. All participating athletes must pass a physical examination. Physical cards are available in the Athletic Office and must be signed by a physician as well as parent/guardian and the athlete.
2. All participating athletes must provide proof of medical insurance as prescribed by the California Interscholastic Federation. Applications for student accident and health insurance are available in the Athletic Office upon request.
3. All participating athletes must have an Activity/Athletic Card filled out completely and on file with the head coach, the athletic secretary, and the athletic trainer.
4. All athletes should participate in pre-sport conditioning to prevent early season injury.
5. Each participating athlete is responsible for making sure that he/she has properly fitted equipment. If it is not properly fitted, the head coach of the sport and the equipment manager should be notified.

In case of injury – the following steps should be followed:

1. The participating athletes must notify the head coach of their particular sport and the athletic trainer as well as their parents of the injury.
2. In case of minor injuries, first aid procedures should be practiced.
3. With the occurrence of a major injury, the following steps should be taken:
 - A. Proper care and attention should be provided pending the arrival of an ambulance.
 - B. Parents of injured athletes should be notified with pertinent information provided.
 - C. A school representative should accompany the injured athlete to the hospital or doctor's office if parents are not available.
 - D. Parents or their designee are responsible for picking up the athlete at the doctor's office or hospital.
 - E. No athlete who has sustained a severe injury will be allowed to return to practice or competition without the permission of the physician in charge.
4. The head coach of the particular sport involved or the athletic trainer are responsible to see that a complete and accurate accident report are filled out and filed with administration.
5. The coach in charge and athletic trainer will have Consent for Treatment forms available for all participating athletes, home or away games.
6. It is the responsibility of the Athletic Director and the district administration to provide coaches who have a background in athletics with knowledge of safe coaching practices and of the prevention and care of athletic injuries.

DROPPING OR TRANSFERRING SPORTS

On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

1. Talk with your immediate school coach and then the head coach.
2. Report your situation to the Athletic Director.
3. Check in all equipment issued to you.

No athlete who has dropped a sport after two weeks may participate or practice in another sport until all events, including playoffs, of the dropped sport have been completed unless given prior permission by the Athletic Director.

EQUIPMENT AND UNIFORMS

All equipment and uniforms will be checked out only by the equipment manager. School equipment checked out to the student athlete is his/her responsibility. Each athlete is expected to keep it clean and in good condition. Loss or damage of any equipment is the athlete's financial obligation. Equipment must be returned clean and in the same condition it was checked out in. Students will be billed for any equipment not returned and will not be allowed to play another sport until the equipment is returned or paid for.

MISSING PRACTICE

An athlete should always consult his/her coach before missing practice and leaving campus. Missing practice or a game without good reason will be dealt with severely. Sudden illness or some other emergency would be reasons for missing a practice.

TRAVEL

All athletes must travel to athletic contests in transportation provided by the athletic department and the Hesperia Unified School District. In extreme situations an athlete may request permission from the athletic director to ride home from a contest with a parent/guardian by completing a "Parent/Guardian Responsibility Form". This form requires signatures from parent/guardian, coach and athletic director and must be turned into the athletic office before the contest begins.

Game Day Lunch or Dinner

1. Buses may stop for lunch or dinner after games or matches when playing outside the local area. The local area includes: Hesperia High, Apple Valley High, Granite High, Apple Valley Christian, Hesperia Christian, Serrano High, Sultana High Victor Valley High, Silverado High and Victor Valley Christian.
2. Each athlete must bring his/her money for their meal or may bring a sack meal.

CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES

An individual student who attempts to participate in too many extra curricular activities will, undoubtedly, be in a position of conflict of obligations.

The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. This also means notifying the faculty sponsors involved immediately when a conflict does arise.

When conflicts do arise the sponsors will get together and work out a solution so that a student does not feel in the middle. If a solution cannot be found, then the athletic director will have to make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he will not be penalized in any way by the faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligations of a school activity, he should withdraw from that activity.

ELIGIBILITY REQUIREMENTS:

Athletes should make sure they understand all eligibility requirements. Please see the Athletic Code (Rules and Regulations) section for more information. These requirements also pertain to managers and stat people who are Oak Hills High School students

To be eligible as an Oak Hills High School Athlete, you must:

- Pass four (4) classes, only one of which can be PE
- Have a 2.0 GPA (grades will be checked each 9-week grading period)
- Not have a GPA below 2.0 for two consecutive grading periods.

The athlete will lose or regain his/her eligibility on the Monday after the athletic director receives the eligibility report.

To be eligible for probation as an Oak Hills High School Athlete, you must:

- Pass four (4) classes, only one of which can be PE
- Have a 2.0 GPA or better the previous grading period

If an athlete is not eligible at the end of one probationary period, the athlete loses his/her eligibility until the next grades are issued.

VARSITY LETTER REQUIREMENT

TO BE DETERMINED BY EACH VARSITY COACH.

ATHLETIC P.E.

Athletic PE is a privilege earned by your athletic ability or dedication to Bulldog Athletics. With this decision comes responsibility. You will be asked to be a model student; attend class, maintain a minimum 2.0 G.P.A. as required by all Bulldog athletes, follow rules and suit up each day. To apply, get an application from the Athletic or Counseling Office. Complete and return to your Athletic Director.

SEASONS

- FALL: Beginning of school year thru
 Mid-November
 Football, Boys and Girls Cross Country,
 Girls Volleyball, Girls Tennis
- WINTER: Mid-November thru mid-February
 Boys and Girls Basketball, Boys and
 Girls Soccer, Wrestling
- SPRING: Mid-February thru end of school year
 Baseball, Softball, Golf, Boys Tennis,
 Boys and Girls Track and Field

PARENT COMPLAINT POLICY

1. Parent requests an appointment with the coach to discuss concern. The appointment will be made for a convenient time for both parties. The discussion between parent and coach will not take place immediately after a game or in front of other athletes or other parents. We do not want a confrontational situation.
2. If it is a lower level coach, and the athlete or parent is not satisfied, the athlete or parent may ask for an appointment with the head coach of their sport.
3. If the party(s) are still not satisfied, they may call for an appointment with the Athletic Director, but only if steps 1 and/or 2 have been completed. To make an appointment with the Athletic Director, please call the Athletic Secretary at 244-2283 ext. 4761. Please be prepared to give the athlete's name, sport, parent's name, and the date of the meeting with the coach.

NCAA CLEARINGHOUSE

The NCAA Clearinghouse was established to certify athletes' eligibility for Division I and II collegiate athletics. Any athlete who intends to participate in athletics at any Division I or II NCAA college or university as a freshman, must register and be certified by the NCAA Initial –Eligibility Clearinghouse.

In order for students to be NCAA Division I eligible, they must complete 16 approved core academic courses and attain a G.P.A. and SAT/ACT score which qualifies on the Clearinghouse sliding scale.

Students planning on attending NCAA Division II schools must complete 14 approved core academic courses in which they achieve a G.P.A. of 2.0 or higher. In addition, the student must score a Composite score of 820 on the SAT or sum score of 68 on the ACT. There is no sliding scale for NCAA Division II eligibility.

Students may obtain registration information from their high school counselor. The Clearinghouse also provides literature on NCAA rules and regulations. If you have any questions about any Clearinghouse policies or procedures, you can contact them at (877) 262-1492.

DRIVING DIRECTIONS FOR FREQUENTLY VISITED SCHOOLS

A.B. MILLER – 6821 Oleander Ave., Fontana (909) 357-5800
10 Fwy/ext. Sierra Ave./north to Walnut/west to Oleander/school on right

ANTELOPE VALLEY HS- 44900 North Division Street, Lancaster (661) 948-8552
Hwy. 14/Ext.Avenue I/east approx. 4 mi to Division/Turn R/School on L

APPLE VALLY- 11837 Navajo Road, Apple Valley (760)247-7206
I-15 to Bear Valley Road/East 10 mi. to Navajo/right to school

ARCADIA- 180 Campus Dr., Arcadia (626) 821-8370
210 Fwy/Exit Santa Anita/S. to Campus Dr/right to school on left

ARROYO VALLEY- 1881 West Baseline, San Bernardino (909)885-4295
215 Fwy to Baseline/West to State/left to school

AYALA- 14255 Peyton Dr., Chino Hills (909) 627-3584
71 Fwy S/Ext. Grand/Right to Peyton/L to school on left

BARSTOW- 1st and Campus Way, Barstow (760) 255-6115
I-15 to Barstow Rd/Left to Buena Vista St/left 2 blocks/school on left

BISHOP –301 North Fowler St., Bishop, Ca 93514 (760) 873-4275
Hwy 395 north to Academy, west to Fowler, north to school

BIG BEAR- Big Bear, Ca (909) 585-5892
Hwy 330 to Hwy 19/E. on Big Bear Blvd. To Maple Ln/right to top of hill/School on right

BURROUGHS- 500 E. French Ave., Ridgecrest (760) 375-4476
East off Business Hwy 395 at French Street/3 Blocks, school on left

CAJON- 1200 West Hill Dr., San Bernardino (909)881-8120
215 Fwy to University Pkwy/N. to North Park/R. to Mountain Dr./R. to Hill Dr./R to school

CALIFORNIA- 9800 South Mills Ave., Whittier (562) 698-8121
605 Fwy to Slauson/E. Mill Ave/Left to school

CANYON SPRINGS- 23100 Cougar Canyon Dr., Moreno Valley (951) 571-4760
60 Fwy to Pigeon Pass Rd Exit/North 1 ½ mi. to Cougar Canyon

CENTENNIAL- 1820 Rimpau Ave., Corona (951) 739-5670
I-15 South to Magnolia Exit/Right 2 lights to Rimpau/Left ½ mi./school on left

CYSA COMPLEX – (San Bernardino) I-15 south to I-215 to Hwy 30 east/exit at 2nd
Highland exit, turn left/right on Arden/complex is ½ Block down on left

EISENHOWER- 1321 N. Lilac Ave., Rialto (909) 820-7777
Riverside Ave. N from I-10 to Baseline (W or L) to Lilac Ave. (N or R)

GRANITE HILLS- 22900 Esaws Road, Apple Valley (760) 961-2290
I-15 North to Hwy 18/Right 8 mi to Central/Left to Esaws/Right to school

HEMET- 41701 Stetson Ave., Hemet (951)765-5150
S. on 215 to Hwy.74 E. (becomes Florida)/R. on Warren/L. on Stetson/Go 6 mi.

HESPERIA CHRISTIAN- 16775 Olive St., Hesperia (760)244-6164
15 fwy to Main St./E. 4 mile to C Ave/R. to school

HESPERIA HIGH- 9898 Maple Ave., Hesperia (760) 244-9898
North on Maple Ave. off of Main St. Hesperia, school is on left

HIGHLAND- 39055 25th Street West, Palmdale (661) 538-0304
I-5 to Hwy 14 N/Ext. Avenue P/left to 25th Street W/left to school on right

HUNTINGTON BEACH- 1905 Main St., Huntington Beach (714) 536-2514
405 Fwy/Exit Golden West South to Yorktown/Left to Main/turn right

JURUPA VALLEY- 10551 Bellegrave Ave., Mira Loma (951) 360-2600
60 Fwy east/exit Etiwanda/Van Buren/Etiwanda to Bellegrave east

KING- 9301 Wood Rd., Riverside (951)789-5690
91 Fwy to Van Buren/East 6 mi. to Wood Rd/right to school

LOS OSOS- 6001 Milliken Ave., Rancho Cucamonga (909)477-6900
210 fwy exit Milliken/N. to school on R.

NORTE VISTA- 6585 Crest Ave., Riverside (951) 351-9316
405 Fwy. To Crenshaw off-ramp exits. At 182nd West to school

PACIFIC- 1020 Pacific St., San Bernardino (909) 388-6419
215 North to Hwy. 30/Ext. south on Del Rosa/west on Pacific St.

PALMDALE - 2137 East Avenue R, Palmdale (661)273-1093
Hwy 14 to Palmdale Blvd./right to 20th (E)/left on avenue R to school on left

PALM DESERT- 43-570 Phyllis Jackson Lane, Palmdale (760) 862-4300
I-10 east to Cook south/right to Phyllis Jackson/right to school

PALM SPRINGS – 2401 East Baristo Road, Palm Springs (760) 778-0400
I-10 to Gene Autry/S. to Vista Chino/R. to Farrell/L. to Baristo/R. to school

PERRIS- 175 East Nuevo Road, Perris (951) 657-2171
I-215 to Nuevo Road/east to Perris Blvd. and Nuevo Road

RANCHO CUCAMONGA- 11801 Lark Drive, Rancho Cucamonga (909) 989-1600
210 Fwy to Milliken Ave/S.to Victoria Park Ln/L. to Rochester/L. to Lark

REDLANDS EAST VALLEY- 130 Tennessee Street, Redlands (909) 389-2500
10 Fwy to University St/Right to Citrus/left to Opal/left to Colton/left to school on right

RIM OF THE WORLD- 27400 HWY 18, Lake Arrowhead (909)336-2038
Hwy 215 North to Hwy 30 East/Waterman Ave to Hwy 18

RUBIDOUX- 4250 Opal St., Riverside (951) 222-7821
60 Fwy. To Valley Way/south to Mission Blvd./left to Opal/right to school

SAN BERNARDINO- 1850 North E Street, San Bernardino(909) 881-8217
215 Fwy to Baseline/straight to E Street/left to school

SAN GORGONIO- 2299 Pacific St., San Bernardino (909) 388-6524
215 N to Hwy 30 E to 2nd Highland ext/L to Arden Ave/R to Pacific/Sch on corner

SANTIAGO- 1395 Foothill Prkwy, Corona (951)739-5600
91 Fwy to 15 Fwy S to El Cerrito Ext/W to Rimpau/R(S) to 2nd entrance

SERRANO- 9292 Sheepcreek Road, Phelan (760) 868-2653
10 Fwy to 15 or 215/North to Hwy 138/left to Sheepcreek/right to school on left

SILVERADO- 14048 Cobalt Road, Victorville (760) 955-3353
I-15 N. to Palmdale Rd/W. to Cobalt

SULTANA- 17311 Sultana Rd., Hesperia (760)947-6777
I-15 to Hesperia/exit Main St/east to G Street/right to Sultana

TEMECULA VALLEY- 31555 Rancho Vista Rd., Temecula (951)695-7300
15 Fwy. S/L. on Rancho Calif. Rd./R. on Ynez/L. on Rancho Vista Rd.

UPLAND- 565 West 11th Street, Upland (909) 949-7880
10 Fwy/north on Euclid/west on 11th Street/at San Antonio and 11th

VICTOR VALLEY- 16500 Mojave Dr, Victorville (760) 955-3308
I-15 to Mojave exit/east to 6th Street/School is on left

WEST COVINA- 1609 East Cameron Ave, West Covina (626)859-2900
10 Fwy to Azusa/S. to Cameron/W. to school

YUCCA VALLEY- 7600 Sage Ave., Yucca Valley (760) 365-3391
10 Fwy to Hwy 62/N. to Sage Ave./R. to school

YUCAIPA- 33000 Yucaipa Blvd., Yucaipa (909) 790-3200
I-10 east to Yucaipa Blvd. Ext/left to school