



From the Serra HS Athletic Department:

The Athletic Department would like to welcome all incoming freshman students to Serra High School. Congratulations on your acceptance to one of the top academic and athletic schools in Los Angeles. Your involvement in our campus life and activities is an extremely important part of your educational experience over the next four years. We encourage all students to become involved in extracurricular activities as soon as possible. Joining one of our 18 sports teams is a great way to become involved. You are attending Serra first and foremost to receive a superior college preparatory education. A strong commitment towards your academics will be a must throughout your time here; however, research has shown that becoming involved in athletics does not detract from academic performance but actually improves it. Shown below are some recent statistics that highlight the many benefits of extracurricular activities.

- A comprehensive study conducted over a three-year period by East Carolina University revealed significant differences between athletes and non-athletes in several categories:

	<u>Athletes</u>	<u>Non-athletes</u>
Average grade-point	2.98	2.17
Average number of absences	6.52 days	12.57 days
Discipline referrals	33.3%	41.8%
Dropout rate	0.6%	10.32%
Graduation rate	99.4%	93.51%

- A recent survey of individuals at the executive vice president level or high of over 75 *Fortune 500* companies indicated that 95% of those corporate executives participated in sports during high school.
- Students who spend no time in extracurricular activities are 49% more likely to use drugs and 37% more likely to become teen parents than those who spend at least 1 to 4 hours per week involved in extracurricular activities.
- A 2006 report on the effects of sports participation and girls' physical activity and weight showed that participating in sports was "extremely beneficial" to the physical and emotional health of adolescent girls.

Overall, participation in athletics provides valuable real-world lessons such as: working with a team, self discipline, self confidence, learning the value of hard work, and winning and losing with respect. Sports do provide a foundation for success later in life as student-athletes develop a plethora of skills that enable them to be responsible and productive adults. Athletics are not a diversion from but rather an extension of a great academic program. As you consider participating in athletics next year, think of these statistics and the impact playing a sport may have on your career at Serra and beyond. The following pages give information about our sports teams, our head coaches and our summer programs. We highly recommend all incoming freshman participate in at least one summer program.