
MVLA ATHLETICS

Athletic Director Board Presentation

2024



Tim Lugo

2 years MVHS AD

13 yrs AD experience

Certificated Athletic Administrator

Athletic Director Advisory Committee

CIF LTI Teaching Staff

Michelle Noeth

6 years LAHS AD

9 years AD experience

Certificated Athletic Administrator

President Central Coast Section Athletic

Directors Association

California Athletic Directors Association VP



FLOW OF RULES, POLICIES, BYLAWS & CONSTITUTIONS



Superintendents

Associate
Superintendents

ASSISTANT
PRINCIPAL &
PRINCIPAL

ATHLETIC
DIRECTOR

Part-time
Assistant
-AD
Coach

SCVAL
&
PAL

League

Board of
Managers-
Principals





MVHS

1 Athletic Director

1 Athletic Trainer

73 Paid Coaches

7 Volunteer Coaches

27 Sports

53 teams

(Varsity/JV/Freshman)



LAHS

1 Athletic Director

1 Athletic Trainer

65 Paid Coaches

12 Volunteer Coaches

28 Sports

54 teams

(Varsity/JV/Freshman)

FALL SPORTS OFFERED:

- 1. CROSS COUNTRY**
- 2. FIELD HOCKEY (LA)**
- 3. FOOTBALL**
- 4. GIRLS GOLF**
- 5. GIRLS TENNIS**
- 6. GIRLS VOLLEYBALL**
- 7. BOYS WATER POLO**
- 8. GIRLS WATER POLO**
- 9. RALLY- SIDELINE CHEER**

CUTS VARY BY SPORT WITH THE FOLLOWING TAKEN INTO CONSIDERATION:

1. # OF ATHLETES COACHES CAN SAFELY SUPERVISE.
2. SKILL LEVEL OF ATHLETE-
 - a. EX. TENNIS/GOLF/VOLLEYBALL
3. # OF ATHLETES THAT TRY OUT FOR THE SPORT
4. SIZE OF THE COACHING STAFF
5. FACILITY AVAILABILITY DURING PRACTICE TIMES
6. ROSTER SIZES VARY BY SPORT.
 - a. FOR EXAMPLE- VOLLEYBALL TRADITIONALLY ROSTERS 15 MAX DUE TO LIMITED PLAYING ROTATIONS
 - b. GIRLS TENNIS- LIMITED TO LADDERS IN MATCHES.
 - c. GOLF- TEE TIME/LENGTH OF PLAY.

SEASON OF SPORT IS DETERMINED BY THE SECTION

WINTER SPORTS OFFERED:

- 1. BOYS SOCCER**
- 2. GIRLS SOCCER**
- 3. BOYS BASKETBALL**
- 4. GIRLS BASKETBALL**
- 5. TRADITIONAL COMPETITIVE CHEER**
- 6. RALLY-SIDELINE CHEER**
- 7. WRESTLING**

CUTS VARY BY SPORT WITH THE FOLLOWING TAKEN INTO CONSIDERATION:

1. # OF ATHLETES COACHES CAN SAFELY SUPERVISE.
2. THE SKILL LEVEL OF THE ATHLETE-
 - a. PLAYING TIME BECOMES A FACTOR IF TOO MANY ARE ON THE TEAM.
3. SIZE OF THE COACHING STAFF
4. FACILITY AVAILABILITY DURING PRACTICE TIMES
 - a. ONE LIGHTED FIELD
5. ROSTERS VARY ON THE TYPE OF SPORT

WINTER SPORTS ATTRACT MORE ATHLETES THAN AVAILABLE ROSTER SPOTS.

SPRING SPORTS OFFERED:

- 1. BOYS GOLF**
- 2. GYMNASTICS**
- 3. BOYS LACROSSE**
- 4. GIRLS LACROSSE**
- 5. BOYS VOLLEYBALL**
- 6. TRACK & FIELD**
- 7. BASEBALL**
- 8. SOFTBALL**
- 9. BADMINTON**
- 10. SWIMMING/DIVING**
- 11. BOYS TENNIS**

CUTS VARY BY SPORT WITH THE FOLLOWING TAKEN INTO CONSIDERATION:

- 1. # OF ATHLETES COACHES CAN SAFELY SUPERVISE.**
- 2. SKILL LEVEL OF ATHLETE- GOLF, BASEBALL, TENNIS, SOFTBALL**
 - a. SAFETY-EX. SWIMMING, BOYS LACROSSE (LAHS)**
- 3. AMOUNT OF ATHLETES THAT TRY OUT FOR THE SPORT**
- 4. SIZE OF THE COACHING STAFF**
- 5. FACILITY SIZE BASED ON TYPE OF SPORT- BADMINTON ONLY HAS 6 COURTS FOR COMPETITION & TRAINING.**
- 6. ROSTERS VARY ON THE TYPE OF SPORT.**



SCVAL



FALL SPORT ACCOLADES

Cross Country- MV & LA State Qualifiers

LA - League Champs

Football- CCS qualifiers/LA league champs, PAL COY

Field Hockey - LA - CCS Qualifiers

Girls Golf - CCS Qualifiers- LA - CCS Scholastic Team

Water Polo - MV Girls League Champions

Water Polo - LA- Boys CCS Qualifiers

Girls Volleyball - LA - CCS Qualifiers

MV Nor-Cal Qualifiers

Girls Tennis - Both CCS Qualifiers



SCVAL



WINTER SPORT ACCOLADES

Boys Soccer - CCS Qualifiers / MV - NorCal Qualifier

Girls Soccer - LA - League Champs

Both CCS Qualifiers

Boys Basketball - CCS Qualifiers

Girls Basketball - CCS Qualifiers

Traditional Competitive Cheer-

MV - CCS Champions / LA - CCS Qualifiers

Rally-Sideline Cheer- does not have playoffs

Boys Wrestling - CCS Qualifiers / MV State Qualifier

Girls Wrestling - CCS Qualifier / MV-State Qualifier



SCVAL



SPRING SPORTS

CURRENTLY IN LEAGUE SEASON

PLAYOFFS ARE HELD IN MAY

BOYS GOLF

BOYS TENNIS

BASEBALL

SOFTBALL

GYMNASTICS

BOYS LACROSSE

GIRLS LACROSSE

TRACK & FIELD

BOYS VOLLEYBALL

BADMINTON

SWIMMING & DIVING

COMING TO MVLA

- League & CCS Introduced Girls Flag Football- MV & LA will be fielding teams in the upcoming fall Season.
- Mountain View started an Athletic Council to oversee budgets. LAHS is starting Student Athletic Leadership Team (SALT), fall 2024.

NEW CIF RULES



- Acclimatization period for all Fall sports
- Emergency Action Plans- must be specific by facility
- AEDs- will become required to be within 3 minutes of the athletic facility
- Wet Bulb- measures the heat in the air- more accurate reading of the Heat Index
- AQI- will be consistent across the state at 150 cancels matches/practices

LOOKING TOWARDS THE FUTURE

Athletic Facilities Master Plan

- Turf Replacement
- Bleacher Upgrades
- Ongoing Maintenance
- Safety Light Installation for MVHS
- Weather proofing various athletic areas including the Pool Decks

Athletic Staff Support

- Ongoing Professional Development for ALL Athletic Staff
- Adjustment and reallocation of staff hours based on continuous evaluation and data collection

COMMUNICATION



ParentSquare

PARENT SQUARE- STREAMLINING COMMUNICATION FROM COACHES & ATHLETIC DEPARTMENT

BEGINNING NEXT SCHOOL YEAR FULL COACHING STAFF WILL BE TRAINED & TRANSITIONED INTO PARENT SQUARE.

LAHS- SPORTSMANSHIP NIGHT- FOLLOWED BY COACHES TEAM MEETINGS



THANK YOU

MVLA
HIGH SCHOOL DISTRICT

ATHLETIC BOOSTERS FOR THEIR UNWAVERING
SUPPORT OF ATHLETICS

DTA AND THE DISTRICT FOR SUPPORTING FULL-TIME
AD POSITION

COACHES FOR PUTTING ATHLETES FIRST