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Welcome Messages

David Grissom, Principal

Sports were an integral part of my life in high school. I learned many valuable life lessons about teamwork and cooperation. Sports also helped me develop the discipline necessary to balance my time between academics and athletics. Many positive character traits were fostered through my participation in sports. I can attribute much of my work ethic and goal setting ability to my involvement in athletics. I am very pleased that our MVHS athletes will have the opportunity to gain all the benefits that sports will provide for them.

We are thrilled with the tremendous support our community gives to our athletic program and more importantly, our athletes.

If you are interested in supporting our sports programs, please contact our athletic director, Mr. John Payne.

Have a great year & GO SPARTANS!

Shelley Smith, Athletic Director

Welcome to Mountain View High School. We hope you will find this handbook useful. It is designed to help you better understand our athletic program.

The Department Of Athletics strives to be an integral part of the educational process. It is our belief that student athletes can learn much in terms of team unity, discipline, dedication, sportsmanship, and application of effort through their involvement in sports.

We have seen many improvements to our athletic program. New uniforms, equipment, and improved facilities have all contributed to our teams having more success. In the past 10 years we have won 80 championships and three-fourths of our teams are now competing in the upper division. While we can be very proud of our successes, each year we will strive to improve the athletic program. With the strong support of our administration and parents, I am confident our community of sports will continue to advance in the years to come.

I would like to thank all the parents who act in so many capacities to support our coaches and student athletes. I urge everyone to get involved. Your help and cooperation is always appreciated.
## IMPORTANT DATES
### 2013 - 2014

<table>
<thead>
<tr>
<th>Fall Sports</th>
<th>Winter Sports</th>
<th>Spring Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>August 14, 2013</strong></td>
<td><strong>November 4, 2013</strong></td>
<td><strong>February 3, 2014</strong></td>
</tr>
<tr>
<td>Fall, Winter, and Spring Sports</td>
<td>Winter sports begin</td>
<td>Spring sports begin</td>
</tr>
<tr>
<td>Parents Meeting MVHS</td>
<td>All Winter Sports Athletic</td>
<td>All Spring Athletic Enrollment Forms Due</td>
</tr>
<tr>
<td>Theater at 5:30pm</td>
<td>Enrollment Forms Due</td>
<td></td>
</tr>
<tr>
<td><strong>August 14, 2013</strong></td>
<td><strong>November 8, 2013</strong></td>
<td><strong>February 7, 2014</strong></td>
</tr>
<tr>
<td>Meet the Coaches (Fall, Winter, and Spring) Night</td>
<td>Last day to join a Winter team unless out for a Fall Sport</td>
<td>Last day to join a team unless out for a Winter Sports</td>
</tr>
<tr>
<td>MVHS Quad at 6:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 16, 2013</strong></td>
<td><strong>November 11, 2013</strong></td>
<td><strong>February 10, 2014</strong></td>
</tr>
<tr>
<td>Fall sports begin</td>
<td>Winter rosters due by coaches</td>
<td>Spring rosters due by coaches</td>
</tr>
<tr>
<td>All Fall Sport Athletic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enrollment Forms Due</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 22, 2013</strong></td>
<td><strong>November 12, 2013</strong></td>
<td><strong>February 11, 2014</strong></td>
</tr>
<tr>
<td>Last day to join a Fall team</td>
<td>Transportation Fee/Fair Share Donation Due unless out for a Fall Sport</td>
<td>Transportation Fee/Fair Share Donation Due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 22, 2013</strong></td>
<td><strong>December 2, 2013</strong></td>
<td><strong>March 14, 2014</strong></td>
</tr>
<tr>
<td>Final rosters due by coaches</td>
<td>Final Winter rosters due by coaches</td>
<td>Final Spring rosters due by coaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>August 23, 2013</strong></td>
<td><strong>March 11, 2014</strong></td>
<td><strong>May 20, 2014</strong></td>
</tr>
<tr>
<td>Transportation Fee/Fair Share Donation Due</td>
<td>Winter Sports Awards</td>
<td>Spring Sports Awards</td>
</tr>
<tr>
<td></td>
<td>MVHS Theater at 7:00pm</td>
<td>MVHS Large Gym at 7:00pm</td>
</tr>
<tr>
<td><strong>December 10, 2013</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall Sports Awards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MVHS Theater at 7:00pm</td>
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</tr>
</tbody>
</table>
MVHS Athletics

Athletic Program Philosophy

The athletic program is an integral part of the total education process of Mountain View High School, unique in its potential to promote the health and development of character of each participant through the values of self-discipline, teamwork, leadership, time management skills, high academic standards, fair play, ethical behavior and overall commitment to personal excellence. The student athlete should present the highest quality of individual behavior, whether on or off campus. The coach recognizes the purpose of the program as being one of promoting the physical, mental, ethical, social and emotional well being of the student with whom he/she comes into contact.

Athletic Department

The Athletic Director and the Activities Director work together along with the Principal to ensure that the athletic program is able to function at a high level. Staff support is critical in running our program. Coordination for all supervisors and ticket takers is handled through our Activities Director. School spirit, rallies and other special activities are handled through ASB (Associated Student Body) in coordination with the Activities Office. An Administrator is at every home game to assure sportsmanship of all fans.

The Athletic Director, Shelley Smith (650-940-4626) has primary responsibility for facilities, personnel, officials, game supervision (with administrators), scheduling, transportation, budget, equipment, eligibility, team photos, awards, scholarships, and communications (including news and media).

The Director of Student Activities William Blair (650-940-4620) has primary responsibility of assigning staff for various duties at each sporting event, coordinating activities for special games with the Athletic Director, and overseeing the school rallies.

The Principal, David Grissom (650-940-4602) has overall responsibility for the above and makes all final decisions on Personnel.
Goals

The goals of the Athletic Department at Mountain View High School are as follows:

- To promote the development of good health and positive character of each athlete through the values of self-discipline, teamwork, competition, leadership, time management skills, fair play, ethical behavior, high academic standards and an overall commitment to personal excellence.

- To provide safe, supportive, and knowledgeable coaching to promote the physical, mental, ethical, social and emotional well being of the athlete.

- To help students and parents understand the responsibilities which accompany the opportunity and privilege of sport and team participation by providing a model of good sportsmanship.

- To clearly communicate behavioral expectations and to enforce consistent consequences for violations of school rules and regulations.

- To provide a positive and meaningful experience for all athletes.

Athletic Governance

The governing organization under which we participate is the California Interscholastic Federation (CIF). The CIF is divided into sections, ours is the Central Coast Section (CCS). CCS encompasses the area from King City to San Francisco running up the west side of the Bay. CCS includes over 110 schools, public and private.

Our league within the CCS is the Santa Clara Valley Athletic League (SCVAL). Fourteen schools participate in boys and girls sports. In an attempt to assure a "level playing field", the league is divided into two divisions, the De Anza Division (relatively stronger teams) and the El Camino Division. Assignment is based on past performance and may occasionally change based on results from the previous season. Assignment is on an individual sport basis; therefore, one school may have some teams in each division.

Participating SCVAL High Schools

<table>
<thead>
<tr>
<th>Cupertino</th>
<th>Los Altos</th>
<th>Mountain View</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fremont (Sunnyvale)</td>
<td>Los Gatos</td>
<td>Palo Alto</td>
</tr>
<tr>
<td>Gunn</td>
<td>Lynbrook</td>
<td>Santa Clara</td>
</tr>
<tr>
<td>Harker</td>
<td>Milpitas</td>
<td>Saratoga</td>
</tr>
<tr>
<td>Homestead</td>
<td>Monte Vista</td>
<td>Wilcox</td>
</tr>
</tbody>
</table>
Funding

Multiple sources are required to fund the athletic program. Below is a general description of where the funds come from and how they are used. The Athletic Director reserves the right to move funds when necessary to accommodate emergencies and immediate needs.

<table>
<thead>
<tr>
<th>Source of Funds</th>
<th>Use of Funds</th>
</tr>
</thead>
<tbody>
<tr>
<td>MVLA District</td>
<td>Coaching Stipends, Development and Maintenance of Facilities</td>
</tr>
<tr>
<td>MVHS Site Budget</td>
<td>Administrative Costs – i.e. Copy Costs, Medical Supplies, Reconditioning Football Equipment, Minor Maintenance and Repairs</td>
</tr>
<tr>
<td>ASB</td>
<td>Referees, Tournament Fees, League and CIF Dues</td>
</tr>
<tr>
<td>Fair Share Donation</td>
<td>Uniforms and Equipment</td>
</tr>
<tr>
<td>MV Sports Club</td>
<td>Awards, Certificates, Uniforms and Equipment, Coaches Pre and Post Season Meetings, Coaching Shirts, and Handbook</td>
</tr>
<tr>
<td>Tournaments and Snack Bar Proceeds</td>
<td>Team Parties, Uniforms &amp; Equipment</td>
</tr>
</tbody>
</table>

- **Associated Student Body Membership**
  - All athletes are required to become members of the Associated Student Body by purchasing an ASB card. Proceeds from ASB Cards pay for referees, dues, etc. (see above).

- **Family Sports Pass**
  - The Family Sports Pass entitles all members of your family (children up through junior high school age) free admission to all home athletic events requiring entrance fees. MVHS students with an ASB card receive free admission to home athletic events. Proceeds from the Family Sports Pass go directly to the athletic program.

- **Athletic Fare Share Donation**
  - MVHS Athletic Fair Share Donation is a fundraising program which supports the Athletic Department’s ability to deliver a high-quality extracurricular sports program. Suggested Student Donations make up the bulk of the operating funds for the Athletic Department which supports over 800 student-athletes on 43 teams. Donations go towards uniforms and equipment.
Funding – continued

➢ Transportation
  • All Mountain View athletes must travel to and from athletic contests in school-provided transportation. In emergencies only, a student may drive his/her own car with written administrative and parental approval (Forms are available from the Athletic Director.) District policy does not permit students to drive other students to events under any circumstances.

There is a $100.00 transportation fee per sport. If a student cannot pay this fee, he/she may obtain a waiver from the Athletic Director. Money must never be a barrier to participation; therefore, all Fee Waiver requests are kept strictly confidential. A Fee Waiver sample form may be found in the Appendix of this booklet.

Sports Offered

The sports listed below are offered during the course of the school year at Mountain View High School. There are tryouts for each sport. Coaches of winter and spring season sports will allow athletes who participate in sports during the previous season an adequate amount of tryout time. All sports have roster limits and therefore will make cuts after the tryout period.

Boys’ sports are divided into Varsity and Frosh/Soph teams. Usually the Varsity team is composed of juniors and seniors, but may include some sophomores and freshmen. Only freshmen and sophomores can play on Frosh-Soph teams. Girl’s teams are divided into Varsity and Junior Varsity. Freshman, sophomore, and junior female athletes can play Junior Varsity and/or Varsity. No senior female athlete can play junior varsity sports. Seniors can only play on a varsity team.

Over fifty percent of the students at Mountain View High School participate in the sports programs. Many are two sport athletes and a few participate in three sports. A student can only play one sport per season.

The following is a list of sports by season.

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>Girls</td>
<td>Boys</td>
</tr>
<tr>
<td>Football</td>
<td>Volleyball</td>
<td>Basketball</td>
</tr>
<tr>
<td>Water Polo</td>
<td>Water Polo</td>
<td>Soccer</td>
</tr>
<tr>
<td>Cross C’try</td>
<td>Cross C’try</td>
<td>Tennis</td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
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</tr>
</tbody>
</table>
Eligibility

Each student must meet certain requirements to be eligible to participate in the athletic program. If a student participates without being eligible, the team will forfeit the games in which the student competed.

- A student must be enrolled in the school and live within the boundaries of the district or have an interdistrict transfer.

- Mountain View High School and the State of California eligibility rule demands that all athletes must have a 2.0 GPA and pass 20 semester credits at the end of the previous grading period for his/her sport. The athlete must also be enrolled in 25 credits during his/her sport season.

- A student must fall within the prescribed age limit, which is no older than 19 years of age prior to June 15. In addition, to play Varsity Football, a student must be at least 15 years of age.

- A student may not join a school varsity team after the first league contest of that team if the student has competed on an outside team in the same sport during the school/league season of that sport. He/she becomes ineligible to compete on the high school team. The high school games in which the student participated after violation of this rule shall be forfeited.

- A student visiting from a foreign country may compete on a team only if he/she is part of an official exchange program and the necessary transfer papers have been approved and signed. Violation of these rules may result in forfeiture of the games in which the student participated.

- When a student transfers to Mountain View from another high school, all the necessary transfer papers must be approved and signed prior to participation. Violation of this rule may result in forfeiture of the games in which the student participated. Transfer form CIF – 214I is available from the Athletic Director.

Athletic Program Enrollment Form

In order to participate in the Mountain View sports program, each participant must turn in the following information required on the Athletic Program Enrollment Form.
1. **Physical Exams**: Each participant must have a yearly physical prior to his/her participation in sports. This portion of the **Athletic Program Enrollment Form** must be signed by his/her physician indicating that the student is physically able to participate (See Appendix). **No student will be allowed to participate during the season if this Form is not completed and submitted by the first day of practice for that sport.**

2. **Insurance Requirement**: State law requires students to be insured before participating in interscholastic sports. This portion of the **Form** must be signed by the athlete’s parent or guardian and indicate the name and group/policy number of the insurance carrier. For those without insurance, the district offers an opportunity to purchase insurance through the school. Forms are available from the Athletic Director.

3. **Acknowledgement**: A parent is required to sign that he/she understands the requirements for participation in a sport and consents by signing the Acknowledgment portion of the **Athletic Program Enrollment Form**.

4. **Emergency Information**: A parent or guardian must complete and sign this additional portion of the **Form**, which is used in case of illness or injury.

5. **Athletic Rules and Co-Curricular Drug Alcohol, Steroid Policy Agreement, Voluntary Participation Student Accident/Health Insurance, and Concussion Information Sheet**: It is the athlete and parent(s) obligation to sign this part of the **Form** indicating they have read, understand, and accept the conditions and consequences of this agreement.

### Practices

Practices are mandatory and held daily. Practice schedules for each sport are determined by the availability of the coach and facility. Practices may start 7th period or after school. The coach, in coordination with the Athletic Director, sets the practice times. Each coach should provide the students with a practice schedule. **Winter and spring athletes should be aware that practice/games may be scheduled during vacation periods. Varsity winter athletes whose teams qualify for CCS playoffs are expected to be available during the February break.**
**Missing a Practice/Game**

Always consult your coach if you miss a practice or game. Employment is not a valid reason for missing a practice or game. Consequences for absences will vary among coaches. An athlete must be at school by brunch on game days to play in a game that day.

**The athlete’s grade for sports may be lowered and/or expulsion from the team may result if the athlete’s attendance becomes a problem.**

**Athletic Trainer and Physicians**

Mountain View High School is fortunate to have an Athletic Trainer on duty in the afternoons. He/she will attend all football games and some home basketball, baseball, soccer, and volleyball games. Any injured athlete should report to the trainer for consultation and/or treatment.

Mountain View High School also has a volunteer physician who will attend all home Varsity football games.

**Uniforms**

Mountain View High School provides uniforms for each team. The uniforms are checked out to each athlete and must be returned clean at the end of the season. If the uniform is not returned, the athlete will be billed. The athlete will not receive his/her grades, and not be allowed to participate in the next sport season until the bill is paid or the uniform is returned.

In some sports, the students may be asked to purchase a spirit pack consisting of practice uniforms, t-shirts or warm up clothes. Financial assistance is available by speaking to the Athletic Director.

NOTE: Swimming and Water Polo teams buy and keep their swim suits. Every effort will be made by the athletic department to help pay for part or all of the cost.

**Officials**

All officials assigned to home games are under contract from Peninsula Sports Inc (PSI) located in Monterey. PSI is a privately owned company that contracts with high schools in Santa Clara County.
**Sportsmanship**

CCS defines sportsmanship as a person who can take a defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

Good sportsmanship is expected at all games from all players, coaches, parents and other spectators. This includes respect for other teams, their fans, and the officials. The CCS Sportsmanship policy (included in the Appendix) states that the following behavior is unacceptable at all CIF/CCS high school contests:

**Berating your opponent’s school or mascot, berating opposing players, obscene cheers or gestures, negative signs, artificial noise makers, or complaining about officials calls (verbal or gestures).**

Athletes, students, coaches, parents and other fans are expected to behave in a manner that demonstrates good sportsmanship, use appropriate language and to otherwise act in ways that are not detrimental to the reputation of the team or Mountain View High School.

**Team Parents**

Each team makes every effort to provide one or more Team Parents for each of the athletic teams at Mountain View High School. The Team Parent’s role is to assist the coach as needed to facilitate the team needs. This may include preparing and distributing a team roster, communicating information to parents, organizing team refreshments or meals, and/or other needs as required by the coaches or team. It is often helpful to have more than one parent fill these needs. Please contact your coach to volunteer for this position. They appreciate your help.

**Away Tournaments and Games**

If an athlete is participating in a tournament that requires an overnight stay the athlete must have a signed permission slip from parents and/or MVHS before he/she will be allowed to travel. Overnight trips require and approval of the Principal, Associate Superintendent for Educational Services and the Superintendent. Any out of state trip requires the approval of the Board of Trustees.

There are school vans available for athletic trips. Requests for vans must be made through the Athletic Director and cleared by the district. With prior approval, parents and coaches may drive them.
Away Tournament and Games – continued

A minimum of three adults should attend any overnight away contest. Parent chaperones qualify as one of the adults. In mixed gender groups, both male and female chaperones are required. Adults under 21 years of age may not serve as chaperones. Chaperones (parents and/or coaches) are expected to conduct themselves in an appropriate manner. All chaperones should, therefore, be aware that appropriate behavior in the company of other adults may not be appropriate behavior when students are present. There should, for example, be no use of profanity or alcoholic beverages.

District Guidelines for Drivers

Occasionally parent drivers may be used for small teams. District guidelines must be followed in clearing the parent drivers and staff members, including coaches. The requirements are as follows:

1. Driving records and insurance limits (a minimum of $300,000 in personal liability is preferred) must be checked prior to any transportation of a student by a volunteer driver. This must be done through the MVLA District Office by completing a Volunteer Driver Application form. These forms are available from the Director of Athletics or the MVLA District Office (See sample in the Appendix.)

2. The following must be attached to the completed and signed application:
   - Current (30 days or less) DMV Driver’s Record
   - A copy of the driver’s license
   - A copy of current insurance coverage card

3. Submit the form to the MVLA District Office at least 10 working days prior to the event so the District may complete the process.

4. Any student being transported by a volunteer driver must have a parent or guardian sign the MVLA Permission Form (see Appendix) allowing the student to be transported by a volunteer driver. This form will be kept on file in the school office.

5. **No one may drive or be driven without completing this process.**

Awards and Recognition

At the end of each sport season, an awards night is presented by Mountain View High School Athletic Department. Certificates, blocks, pens, and plagues are presented to athletes at this event.
Varsity Block Letter

All athletes that play on a varsity team for the first time receive a block. Once a student has received their block, they are awarded a pin representing additional years of varsity play.

Certificates

An athlete on a JV or Frosh/Soph team will receive a certificate of participation for each sport they play.

Plaques

Four plaques may be awarded per varsity sport if there are 18 or more players on a team. Teams of fewer than 18 players are allowed three plaques. For Frosh/Soph and JV, three plaques may be awarded for 18 or more players on a team and two plaques for fewer than 18 players. Team members vote on some awards and coaches determine the recipients of other awards.

No awards will be given at the end of a season to an athlete who fails to maintain his/her academic eligibility or quits a team.

Terminations, Problems, and Appeals

It is the philosophy of the coaches at Mountain View High School that once an athlete commits to a particular sport, that individual will remain with that sport until the end of the season.

An athlete may terminate association with a team with approval from the coach prior to dropping the sport. The athlete is then eligible to try out for another sport subject to approval of the coach of the new sport. In the event that the two coaches involved are unable to resolve the eligibility status of an athlete, the athlete may speak with the Athletic Director. An athlete who quits any sport without the coach’s approval or an athlete who is suspended or released from a team for disciplinary reasons will not be allowed to participate in the next season of sport until the previous sport season is finished. Under extreme circumstances, a coach may petition to hold the athlete out of sports for one year.
**Protocol for Problems**

If a problem arises with a coach or another student the following protocol should be followed.

- Make an appointment with the coach at a time outside of practice or a game. Most problems can be resolved at this level.

- If there is no resolution, the student/parent should then contact the Athletic Director to discuss and/or mediate the situation. Appropriate appointments may be needed to resolve misunderstandings or difficulties.

- If there is still no resolution of the problem, the parent/student should contact the principal.

- A parent/student has the right to contact the Superintendent or eventually the school board; however, this contact should be made only after the previous steps have been completed.

**Appeal Procedure**

All student athletes have the right to appeal their suspension from any sports program. This appeal process must be initiated by the student through a written request to the Director of Athletics within one week of the suspension. It will be forwarded to the Athletic Review Board.

**Athletic Review Board**

The Mountain View High School Review Board is comprised of the Principal or School Administrator, Athletic Director and a neutral coach. The purpose of the review board is to hear appeals from suspended athletes who desire to return to the sports program.
June, 2013

Re: Voluntary Participation Student Accident/Health Insurance 2013 – 2014 Interscholastic Sports

Dear Parent/Guardian:

The Mountain View-Los Altos Union High School District does not carry medical or dental insurance for your child should s/he suffer a school-related injury. Coverage for your child can be provided by your family’s private health insurance, no-cost or low-cost government programs, or student accident/health/dental insurance purchased voluntarily through school programs. Pursuant to State law, District policy requires any student who participates in interscholastic sports to have accidental injury insurance. “Under state law, school districts are required to ensure that all members of school athletic teams have accidental injury insurance that covers medical and hospital expenses. This insurance requirement can be met by the school district offering insurance or other health benefits that cover medical and hospital expenses. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling 1-888-747-1222 (toll free).” (Education Code Section 32221.5)

Our district participates in a voluntary student health/accident/dental insurance program that gives you a number of coverage options for your child. These plans can be used as your child’s only form of coverage or in combination with other coverage s/he may have. Details and an enrollment form are in a brochure that will be available in late May.

You can limit coverage to school-related injuries only or opt for 24/7 protection. The Student Health Care plan is recommended if your child has no other health insurance. While you can always use any doctor or hospital, the Student Health Care plan includes access to an extensive network of doctors and hospitals who have agreed to discount their charges. Seeking care through contracted providers may reduce your out-of-pocket costs, particularly if your child needs surgery or hospitalization. To find the contracted medical providers nearest you, call 800-877-1666 or log on to www.beechstreet.com. Your child is eligible for enrollment in any of these programs at any time.

If you have any questions, please call the plan administrator, Myers-Stevens & Toche & Co., Inc. at (800) 827-4695 or (949) 348-0656. Bilingual representatives are available for parents who need assistance in Spanish. If you choose to purchase coverage, just fill out the application in the brochure and return it to Myers-Stevens in the envelope provided. Be sure to keep the brochure for plan information and claims procedures.

Sincerely,

David Grissom
Principal, Mountain View High School