

PROPOSAL #3 FROM SACRED HEART PREP

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Date: March 12, 2007

To: Northern Conference Schools-Central Coast Section
Nancy Lazenby Blaser-Central Coast Section Commissioner
Mark Avelar-CCS Northern Conference Realignment Chairman
Denise Plant-Realignment Sub Committee Member (PAL)
Michie Sierra-Realignment Sub Committee Member (PSAL)
Gretchen Seeley-Realignment Sub Committee Member (CPSAL)
Mark Stogner-Realignment Sub Committee Member (WBAL)

From: Richard Dioli-Principal, Sacred Heart Preparatory
Frank Rodriguez-Athletic Director, Sacred Heart Preparatory

Regarding: Proposal for Sacred Heart Preparatory to enter the Peninsula Athletic League effective the 2008-2009 academic year.

Sacred Heart Preparatory (SHP) views this Central Coast Section realignment year as our opportunity to become a full member in the Peninsula Athletic League (PAL).

Unfortunately, the two proposals that have come out of the Northern Conference Realignment Committee for this realignment cycle do not offer the Northern Conference schools a chance to vote Sacred Heart Prep into the PAL. Both of the proposals place SHP into the new West Bay Athletic League (WBAL).

We **strongly** feel that this is not the best solution given the scope of our athletic program offerings compared to what the WBAL will be able to offer all of our student athletes. **If Sacred Heart Prep is voted into the WBAL, we'll need supplemental league placement for at least twenty two (more, depending on which proposal is accepted) of our athletic programs** based upon the most current information available.

As a result, we'd like this proposal to be added to what the League Realignment Committee has submitted. We'd like this proposal to be considered when the League Realignment vote is taken at the March 26th meeting.

The combination of the PAL's competitive programmatic offerings for each gender at every level, its past willingness to accept a private school (Menlo School) in the league and the geographic proximity of the PAL league members to our Sacred Heart Prep campus clearly makes the PAL the best solution for Sacred Heart Prep. I'd like to further expand on each of those points.

Scope of PAL offerings at every level for each gender:

Over the last several years, SHP's athletic program needs have been met by being a member in four different leagues. The primary girls' league has been the West Catholic Athletic League (WCAL) with our girls' lacrosse needs being met by supplemental membership in the PAL. Our primary boys' league has been the Private School Athletic League (PSAL) with our boys aquatic program needs (water polo and swimming) being met by supplemental membership

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in the WCAL. We've also played football in the North Coast Section of the CIF in the Bay Football League.

Full membership in the Peninsula Athletic League would allow our school to be like most schools...meaning that **ALL** of our athletic offerings for **ALL** of our student athletes would be housed in one league. The divisional arrangement of the league (Bay, Ocean and where applicable, Lake) would ensure that our athletic programs would receive placement where it made the most sense. We would not need to seek supplemental league membership at any level in any of our programs. Again, placing Sacred Heart Prep in the WBAL would not satisfy that important element. Membership in the PAL would secure league opportunities in all of the athletic programs we offer at Sacred Heart Prep.

Please see that attached documents identifying our need for supplemental league placement depending on which of the two proposals is voted on by the conference schools.

Private School participation as a precedent in the Peninsula Athletic League

For several years now, Menlo School has been a member of the PAL. Sacred Heart Prep is of a similar size (approximately 500 students compared to Menlo's approximate enrollment of 550 students) with nearly an identical offering of athletic programs at both the varsity and the junior varsity level.

We'd like to believe that Menlo School's admission into the PAL allows consideration for other private schools whose athletic offerings complement those programs offered in the PAL. We have faith that our athletic programs do fit into that model and we are simply asking for the same type of consideration.

Geographic proximity of PAL league members to Sacred Heart Prep

Sacred Heart Prep is located in Atherton on the border of Menlo Park. We welcome the prospect for us to both compete in the PAL and share the storied league tradition with our geographic neighbors. Many of our student athletes attended grammar school and play on club teams with student athletes at Menlo-Atherton, Woodside, Sequoia, Carlmont and Menlo School. If we are placed in the PAL, there is an enormous opportunity to build community and allow our student athletes opportunities to create "friendly rivalries" with our peer schools.

With regards to many of the other schools in the PAL that are a bit further north, we've already established positive working relationships while scheduling non league contests in just about every athletic program offered. We look forward to the prospect of increasing the scope of those relationships once we are admitted into the league, as well as cultivating new relationships with those schools we've yet to connect with.

Closing

We're hopeful that the points made throughout this proposal validate Sacred Heart Prep's appeal for entry into the Peninsula Athletic League. We are eager to be a contributing member of the PAL and appreciate all the Northern Conference schools consideration in this matter.

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Proposed League Alignments--Academic Year 2008-2009

Northern Conference League Realignment Proposal #1 (WBAL 12 Girls/7 Boys)

Estimated Sacred Heart Prep Supplemental League Requests

Assumptions :

- Varsity Level minimum of six teams required to form CCS sanctioned league
- Junior Varsity or Frosh/Soph based upon WBAL/PSAL current & est. offerings

Fall Season:

Varsity Programs:

Boys Football
Boys Water Polo
Girls Water Polo

Junior Varsity or Frosh/Soph Programs:

Boys Cross Country
Boys Football
Boys Water Polo
Girls Cross Country
Girls Water Polo

Winter Season:

Junior Varsity or Frosh/Soph Programs:

Boys Soccer

Spring Season:

Varsity Programs:

Boys Baseball
Boys Golf
Boys Lacrosse
Boys Swimming (request release from the WBAL...enough swimmers for dual meets)
Girls Lacrosse
Girls Swimming (request release from the WBAL...enough swimmers for dual meets)

Junior Varsity or Frosh/Soph Programs:

Boys Baseball
Boys Golf
Boys Lacrosse
Boys Swimming (see Varsity Swimming above)
Boys Tennis
Boys Track & Field
Girls Lacrosse
Girls Swimming (See Varsity Swimming above)
Girls Track & Field

Total Supplemental League Requests if placed in the WBAL:

Varsity Programs: 9

Junior Varsity or Frosh/Soph Programs: 15

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Proposed League Alignments--Academic Year 2008-2009 Northern Conference League Realignment Proposal #2 (WBAL 13 Girls/8 Boys)

Estimated Sacred Heart Prep Supplemental League Requests

Assumptions :

- Varsity Level minimum of six teams required to form CCS sanctioned league
- Junior Varsity or Frosh/Soph based upon WBAL/PSAL current & est. offerings

Fall Season:

Varsity Programs:

Boys Football
Boys Water Polo
Girls Water Polo

Junior Varsity or Frosh/Soph Programs

Boys Cross Country
Boys Football
Boys Water Polo
Girls Cross Country
Girls Water Polo

Winter Season:

Junior Varsity or Frosh/Soph Programs

Boys Soccer

Spring Season:

Varsity Programs:

Boys Lacrosse
Boys Swimming (request release from the WBAL...enough swimmers for dual meets)
Girls Lacrosse
Girls Swimming (request release from the WBAL...enough swimmers for dual meets)

Junior Varsity or Frosh/Soph Programs

Boys Baseball
Boys Golf
Boys Lacrosse
Boys Swimming (see Varsity Swimming above)
Boys Tennis
Boys Track & Field
Girls Lacrosse
Girls Swimming (See Varsity Swimming above)
Girls Track & Field

Total Supplemental League Requests if placed in the WBAL:

Varsity Programs: 7

Junior Varsity or Frosh/Soph Programs: 15

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Proposed PAL Alignment effective 2008-2009 including Sacred Heart Prep

BASEBALL (Proposed with Current Division Alignment)		
BAY	OCEAN	LAKE
Burlingame	Aragon	Hillsdale
Capuchino	Carlmont	Jefferson
Half Moon Bay	El Camino	South San Francisco
Menlo Atherton	Sacred Heart Prep	Terra Nova
Menlo School	San Mateo	Westmoor
Mills	Sequoia	Woodside

BOYS BASKETBALL (Proposed with Current Division Alignment)		
NORTH	CENTRAL	SOUTH
El Camino	Aragon	Carlmont
Jefferson	Burlingame	Half Moon Bay
Oceana	Capuchino	Menlo Atherton
South San Francisco	Hillsdale	Menlo School
Terra Nova	Mills	Sacred Heart Prep
Westmoor	San Mateo	Sequoia
		Woodside

GIRLS BASKETBALL (Proposed with Current Division Alignment)		
NORTH	CENTRAL	SOUTH
El Camino	Aragon	Carlmont
Jefferson	Burlingame	Half Moon Bay
Oceana	Capuchino	Menlo Atherton
South San Francisco	Hillsdale	Menlo School
Terra Nova	Mills	Sacred Heart Prep
Westmoor	San Mateo	Sequoia
		Woodside

CROSS COUNTRY (Proposed with Current Division Alignment)		
Aragon		Menlo School
Burlingame		Mills
Carlmont		Oceana
Capuchino		Sacred Heart Prep
El Camino		San Mateo
Half Moon Bay		Sequoia
Hillsdale		South San Francisco
Jefferson		Terra Nova
Menlo Atherton		Westmoor
		Woodside

FOOTBALL (Proposed using Current Division Alignment)	
BAY	OCEAN
Aragon	El Camino
Burlingame	Half Moon Bay
Capuchino	Hillsdale
Carlmont	Jefferson
Menlo Atherton	Mills
Menlo School	Sacred Heart Prep
San Mateo	Sequoia
Terra Nova	South San Francisco
	Woodside

FOOTBALL (Proposed using Three Division Alignment)		
BAY	OCEAN	LAKE
Aragon	Carlmont	El Camino
Burlingame	Capuchino	Hillsdale
Half Moon Bay	Menlo School	Jefferson
Menlo Atherton	Mills	Sacred Heart Prep
Terra Nova	San Mateo	Sequoia
Woodside	South San Francisco	

BOYS GOLF (Proposed with Current Division Alignment)		
BAY	OCEAN	LAKE
Burlingame	Aragon	Capuchino
Carlmont	Mills	El Camino
Menlo Atherton	San Mateo	Half Moon Bay
Menlo School	Terra Nova	Hillsdale
Sacred Heart Prep	Woodside	Jefferson
Sequoia		South San Francisco

LACROSSE (Proposed with Current Division Alignment)	
BOYS	GIRLS
Bellarmine	Castilleja
Leland	Gunn
Menlo Atherton	Leland
Menlo School	Menlo Atherton
Sacred Heart Prep	Menlo School
Serra	Sacred Heart Prep
Woodside	Woodside

BOYS SOCCER (Proposed with Current Division Alignment)		
BAY		OCEAN
Burlingame		Aragon
Capuchino		El Camino
Carlmont		Jefferson
Half Moon Bay		Menlo School
Hillsdale		Mills
Menlo Atherton		Sacred Heart Prep
San Mateo		South San Francisco
Sequoia		Terra Nova
Woodside		Westmoor

BOYS SOCCER (Proposed using Three Division Alignment)		
BAY	OCEAN	LAKE
Burlingame	Aragon	Half Moon Bay
Menlo Atherton	Capuchino	Hillsdale
Menlo School	Carlmont	Jefferson
Sequoia	El Camino	Mills
Westmoor	San Mateo	Sacred Heart Prep
Woodside	Terra Nova	South San Francisco

GIRLS SOCCER (Proposed with Current Division Alignment)		
BAY		OCEAN
Aragon		Capuchino
Burlingame		Half Moon Bay
Carlmont		Hillsdale
Menlo Atherton		Jefferson
Menlo School		Mills
San Mateo		Sacred Heart Prep
Terra Nova		Sequoia
Woodside		South San Francisco
		Westmoor

GIRLS SOCCER (Proposed using Three Division Alignment)		
BAY	OCEAN	LAKE
Burlingame	Aragon	Half Moon Bay
Menlo Atherton	Capuchino	Hillsdale
Menlo School	Carlmont	Jefferson
Sequoia	El Camino	Mills
Westmoor	San Mateo	Sacred Heart Prep
Woodside	Terra Nova	South San Francisco

GIRLS SOFTBALL (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Jefferson
Burlingame	Menlo Atherton
Capuchino	Menlo School
Carlmont	Sacred Heart Prep
El Camino	San Mateo
Half Moon Bay	Sequoia
Hillsdale	South San Francisco
Mills	Westmoor
	Woodside

SOFTBALL (Proposed using Three Division Alignment)		
BAY	OCEAN	LAKE
Aragon	El Camino	Jefferson
Burlingame	Menlo Atherton	Sacred Heart Prep
Capuchino	Menlo School	San Mateo
Carlmont	Mills	South San Francisco
Half Moon Bay	Sequoia	Terra Nova
Hillsdale	Woodside	

BOYS SWIMMING & DIVING (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Capuchino
Burlingame	El Camino
Carlmont	Half Moon Bay
Hillsdale	Jefferson
Menlo Atherton	Mills
Menlo School	San Mateo
Sacred Heart Prep	Sequoia
Terra Nova	South San Francisco
Woodside	Westmoor

GIRLS SWIMMING & DIVING (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Capuchino
Burlingame	El Camino
Carlmont	Half Moon Bay
Hillsdale	Jefferson
Menlo Atherton	Mills
Menlo School	San Mateo
Sacred Heart Prep	Sequoia
Terra Nova	South San Francisco
Woodside	Westmoor

BOYS TENNIS (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Capuchino
Burlingame	El Camino
Carlmont	Hillsdale
Half Moon Bay	Mills
Menlo Atherton	Oceana
Menlo School	Sequoia
Sacred Heart Prep	South San Francisco
San Mateo	Westmoor
	Woodside

GIRLS TENNIS (Proposed with Current Division Alignment)		
BAY	OCEAN	LAKE
Aragon	Half Moon Bay	Capuchino
Burlingame	Menlo Atherton	El Camino
Carlmont	Mills	Oceana
Hillsdale	Terra Nova	San Mateo
Menlo School	Westmoor	Sequoia
Sacred Heart Prep	Woodside	South San Francisco

TRACK (Proposed with Current Division Alignment)	
Aragon	Menlo School
Burlingame	Mills
Capuchino	Sacred Heart Prep
Carlmont	San Mateo
El Camino	Sequoia
Half Moon Bay	South San Francisco
Hillsdale	Terra Nova
Jefferson	Westmoor
Menlo Atherton	Woodside

GIRLS VOLLEYBALL (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Capuchino
Burlingame	El Camino
Carlmont	Half Moon Bay
Menlo Atherton	Hillsdale
Menlo School	Jefferson
Mills	San Mateo
Sacred Heart Prep	So. San Francisco
Sequoia	Terra Nova
Woodside	Westmoor

BOYS WATER POLO (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Carlmont
Burlingame	Half Moon Bay
Menlo Atherton	Hillsdale
Menlo School	Mills
Sacred Heart Prep	Sequoia
San Mateo	Terra Nova
Woodside	

GIRLS WATER POLO (Proposed with Current Division Alignment)	
BAY	OCEAN
Aragon	Carlmont
Burlingame	Half Moon Bay
Castilleja	Hillsdale
Menlo Atherton	Mercy - Burlingame
Menlo School	Mills
Sacred Heart Prep	Sequoia
San Mateo	Terra Nova
Woodside	