



Ken Perrotti
Athletic Director
kperrotti@lgsuhd.org
408-354-2730 ext. 370
losgatosathletics.com

Seasons of Sport:

FALL SPORTS

Cross Country (B & G)
Field Hockey
Football
Girls Golf
Girls Tennis
Girls Volleyball
Water Polo (B & G)

WINTER SPORTS

Basketball (B & G)
Soccer B & G
Traditional Competitive
Cheer (Coed)
Wrestling B & G)

SPRING SPORTS

Badminton (Coed)
Baseball
Boys Golf
Lacrosse (B & G)
Softball
Swimming & Diving (B & G)
Boys Tennis
Track & Field (B & G)
Boys Volleyball

IMPORTANT INFORMATION

*ATHLETIC REGISTRATION-Athletic Participation is an on-line process. Details are on the back of this handout. All athletes must register for each season that they intend to tryout for a sport. Re-registering for a second team is much quicker and easier than the initial registration process.

*PHYSICAL EXAMINATIONS-All athletes must have a complete physical examination every school year. We ask that the new physical not be taken prior to June 1st. Physical Forms can be downloaded at <https://losgatosathletics.com> and physicals are good for one calendar year.

*ATHLETIC CODE OF CONDUCT-Playing a sport at Los Gatos is indeed a privilege and not taken for granted. There are certain requirements that must be met and maintained in order to participate in the Los Gatos athletic program. We encourage all families to review this together.

* SPORTS DONATION-we do humbly ask for a \$250 donation per athlete per sport. Participation in athletics is not contingent upon payment of this donation. This donation goes right back to the student athletes to help offset the costs of running a first rate athletic program. This donation covers the basic operating expenses of the athletic department including, transportation, officials' costs, tournament entry fees and basic equipment. This donation can be made on line at <https://lghs.myschoolcentral.com>

*ATHLETIC WEBSITE-please check out the official LGHS Athletic website at www.losgatosathletics.com for additional sport specific information and to contact a head coach.

"Honesty of Purpose, Intensity of Effort"

ONLINE ATHLETIC REGISTRATION (Opens June 15th 2020)

- Online athletic registration is mandatory and all athletes must be cleared online by the Athletic Director or Ms. Caro before they can practice with their team. The Athletic Office is located in House #3. The office opens July 29th if you need assistance with registration or clearance.
- As part of the online registration process, athletes must submit a signed Physician Physical Evaluation form. Without the Physical form, your registration is incomplete and you will not be cleared to practice with your team starting August 7th 2020.
- You can download a copy of the Physician form at: www.losgatosathletics.com, click on the 'More' dropdown and select 'LGHS Physical Form' located under the "Athletic Registration" tab.
- The online registration process takes about 20 minutes. Have your student's personal information, your physician form, and a copy of your health insurance card ready to upload when you register
- If you do not have your Physician form ready when you start your registration, do not create a new account when you go back to upload your form. See #5 below.
- After you complete your online registration, it is normal for the summary screen to show all the information as complete and the online clearance as 'uncleared.' Only the Athletic Director or Ms. Caro in House #3 can clear athletes. The office opens July 29th. Hours are 9am-11am and 1pm to 3pm.
- Once you have completed your online registration and uploaded a completed physical form your account will be cleared online by the Athletic Director or Ms. Caro. It may take several days to receive your confirmation email that your student has been cleared.

ONLINE REGISTRATION:

1. Go to: www.losgatosathletics.com, click on the "more" drop down and select "registration" on the Registration menu on the far left. **If you are a returning athlete, please use last year's login.** If you are a new LG athlete, please create a new account.
2. Once logged in, click on "Start Clearance Here."
3. Enter: School Year (2019-2020), School (Los Gatos High) and Sport (choose sport)
4. If you are a returning athlete, your name should appear on the drop down once you have selected a sport.

Complete all required fields for Student Information, Medical History and Signature Forms

If you do not have your physician form completed and ready to upload, you can still continue to navigate your way through the registration process, but your athlete will not be 'cleared to practice or play' until you upload your Physician form or turn the hard copy in to the Athletic Director or Athletic Trainer.

5. **If you need to return to the site later to upload the Physician Form, AFTER YOU LOG BACK IN click on the "pencil" located under the Physicals section.** From there scroll down to the button labeled "Choose File" next to the "Upload Physical Form" Field. Once you have uploaded a PDF of the signed physical form, be sure to scroll down to the bottom of the screen and hit "save".
6. **Note: If your athlete plays another sport, you can ADD another sport on the confirmation page.** You do not need to complete a 2nd registration for the additional sport.

"Honesty of Purpose, Intensity of Effort"