



# University City High School

## ATHLETICS INFORMATION

April 30, 2019

Dear Prospective Athlete:

Thank you for your interest in University City High School Athletics. The following information will help you understand the seasons of sports and what you need to do in order to try-out and participate in high school athletics. Visit the UCHS Athletics website for more information about athletic packets, clearance, try-out information, etc.

**UCHS Athletics Website: <https://uchscenturions.com/>**

### Physicals

Every student-athlete must have an annual Physical in order to participate in any sport. You will not be allowed to try-out, practice, or participate until all steps have been completed and you have received a clearance e-mail from the Athleticclearance.com system. You **MUST** have your doctor complete the SDUSD Physical Form to clear you for athletic participation. Clearance is valid for the entire school year. Registration for your athletic clearance packet is done online through AthleticClearance.com. All Physicals must be dated **ON** or **AFTER** June 1, 2019 for the 2019-2020 school year.

### Summer Dates to Return Completed Athletic Packets and Physicals

The Athletic Director will be available during the summer to collect athletic packets in the Media Center at UCHS on July 1<sup>st</sup> and 8<sup>th</sup> from 8:30am to Noon. The forms can also be submitted online. **Incomplete Packets will not be accepted.**

### Fall Try-out Information

[E-mail any of the coaches directly to find out more information that may be specific to your sport.]

Reminder: Packets are due before Try-out Date. No practice, workout or activity can take place until packet is turned in and the student-athlete is cleared by the AD. Cleared list is provided to Coach prior to try-out date. **PLEASE BE ON TIME TO TRY-OUTS.** Check UCHS Athletic website for more info

#### SPORT

#### FIRST DATE OF TRY-OUTS (Most try-outs continue for the week.)

CROSS COUNTRY	Monday August 5	Standley Park	Coach McCarthy	<a href="mailto:jmccarthy@sandi.net">jmccarthy@sandi.net</a>
FIELD HOCKEY	Monday August 5	Upper Field	Coach Zimmermann	<a href="mailto:uchsfieledhockey@gmail.com">uchsfieledhockey@gmail.com</a>
VARSITY FOOTBALL	Tuesday July 30	Locker room	Coach Ryan Price	<a href="mailto:rprice@sandi.net">rprice@sandi.net</a>
JV FOOTBALL	Tuesday July 30	Locker room	Coach Brewer	<a href="mailto:dbrewer_52@yahoo.com">dbrewer_52@yahoo.com</a>
FRESHMEN FOOTBALL	Tuesday July 30	Locker room	Coach Morris	<a href="mailto:Tommy@splashiii.com">Tommy@splashiii.com</a>
GIRL'S GOLF	Tuesday August 7	Torrey Pines	Coach Gail Hall	<a href="mailto:ghall@sandi.net">ghall@sandi.net</a>
GIRL'S TENNIS	Monday August 5	Tennis Courts	Coach Joey Briese	<a href="mailto:joe.briese@gmail.com">joe.briese@gmail.com</a>
GIRL'S VOLLEYBALL	Tuesday August 1	UCHS Gym	Coach Wiggins	<a href="mailto:amandawigg@gmail.com">amandawigg@gmail.com</a>
BOY'S WATER POLO	Tuesday August 1	UCSD Pool	TBD	

\*Dates, times or locations may be subject to change. Check online team information for updates.

### No Contact Period:

All other sports: Monday July 15 through Sunday July 28th, 2019

Cross country: Sunday June 23 through Saturday July 6, 2019

Track and Field, Baseball: Sunday August 11 through Saturday August 24<sup>th</sup>, 2019



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### Online Athletic Clearance

1. Complete all parts of the Athletics Clearance Online Forms.
2. Submit the SDUSD Physician's Physical Forms and the Consent Form to the athletic director (room 435) once you have completed the online forms process. Or, upload the SDUSD Physical Forms and the Consent Form online. The SDSUD Physical Form is the **ONLY** accepted form.
3. Receive an e-mail stating that you are cleared to play.

**NOTE:** Once you complete a clearance for one sport, most of the information you have entered will be retained in the system. To register for an additional sport, select Clearances at the top and then Start Clearance Here! After entering the year, school and additional sport, most of your information will auto fill. You must complete this process and get cleared for **every sport** that you plan to participate in during the 2019-2020 school year. Please allow one week to process clearances after the deadline.

#### Quick steps for parents/students using the online athletic clearance process:

- Register. Parents/Guardians register with first and last name, a valid email username and password. You will be asked to type in a provided code to verify you are human. If this step is skipped your account will not activate.
- Login.
- Select **"Start Clearance Here!"** to start the process.
- Choose the School Year in which the student plans to participate. Example: Football in Sept 2019 would be the 2019-2020 School Year. Choose the School at which the student attends and will compete for.
- Choose Sport.
- Complete all required fields for Student Information, Medical History, Parent/Guardian Info and Signature Forms. Once you reach the **Confirmation Message** you have completed the process.
- The system will recognize if they have already registered for another sport for that school year and ask if you want to reuse the information for any addition sports.
- Please review and **PRINT** the confirmation page.

All of this data will be electronically filed with the University City High School athletic department for review. When the student has been cleared for participation, an email notification will be sent. To be cleared, athletes **MUST** have a 2.0 non-weighted GPA and 2.0 Citizenship to participate in contests and scrimmages.

Thank you and I hope that all of our athletes and teams have a great Fall season.

Go Centurions!

David Asuncion, Athletic Director  
University City High School  
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