



Dear Surgeon Athletes -

I would like to welcome you to our upcoming 2019-2020 year of athletics at Health Sciences High & Middle College! At HSHMC, we pride ourselves on holding our students and athletes to high expectations; with the belief that when held to high expectations our students and athletes will, and do, perform at a higher level both athletically and academically. We encourage you to get your child involved! Research shows time and time again, that when students are involved in after school activities they are less likely to become involved in unhealthy activities, they perform better academically, and there is more activity in their daily routine. Students who are involved in after school activities have been found to gain confidence, school pride, and a connection to the community as a whole. Our athletic program is a great opportunity for students to experience the many benefits of being an involved student!

Health Sciences High & Middle College is a member of San Diego Section CIF and the Frontier Conference. The Frontier Conference consists of 21 public, charter and private high schools from across San Diego County. Currently, HSHMC offers opportunities for students to participate in the following sports:

**Fall Season (Aug-Nov)**

Girls Varsity/JV Volleyball  
Girls/Boys Cross-Country  
Coed Flag Football

**Winter Season (Nov-Feb)**

Girls/Boys Soccer  
Girls/Boys Basketball

**Spring Season (Feb-June)**

Boys Varsity Volleyball  
Girls/Boys Track & Field

Complete directions on the clearance process are given on the back side of this letter. The key steps to join an HSHMC athletic team are as follows:

1. Complete HSHMC sports physical form by a physician that is signed by both physician AND parent/guardian. A copy of the physical form can be downloaded from [www.athleticclearance.com](http://www.athleticclearance.com) or the HSHMC website sports page ([www.hshmc.org/highschool/sports](http://www.hshmc.org/highschool/sports)).
2. Complete the online clearance process (directions on back). Please select the FIRST sport you plan on trying out for.
3. Athletes must complete the online clearance process by the deadlines that are listed for each season of sport on the back of this letter.  
**ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE IN ANY PRACTICE OR GAME IF THEY DO NOT MEET THE DEADLINE.**
4. Athletes must maintain a 2.0 grade point average per CIF and have cleared all Incompletes **by the start of your season**. Students with an Incomplete during the season **must develop a grade recovery plan with their coach and the teacher whose class they have an Incomplete in order to practice or compete**. If an athlete is carrying an Incomplete after 10 weeks, he/she will be unable to participate in any sport related activity.

Please do not hesitate to contact me if you have any questions. I look forward to a great season of athletics at HSHMC!

*Randee Matuk*

Fitness Manager/Athletic Director  
619-528-9070  
rmatuk@hshmc.org

# Directions for HSHMC Sports Online Clearance 2019-20

The website for athletes to be cleared is [www.athleticclearance.com](http://www.athleticclearance.com):

1. Click on CA (California).
2. Watch the short tutorial video on the right.
3. A parent/guardian will need to create an account with a valid email address and password. Click "Register" to create the account. **Remember your password.**
4. Once registered, login using your email and password.
5. Click on "Start Clearance Here" to begin.
6. Select current school year (2019-2020), school (Health Sciences High) and your **FIRST sport to be played.**
7. Complete all required fields for student information, education, medical history, and signed consents.
8. Upload the **doctor signed sports physical form.** Only HSHMC sports physical forms may be used. A copy of the physical form can be downloaded from [www.athleticclearance.com](http://www.athleticclearance.com) or the HSHMC website sports page ([www.hshmc.org/highschool/sports](http://www.hshmc.org/highschool/sports)).
9. Once you have completed the forms on the Athletic Clearance website, you will need to **print the confirmation message.** You and a parent/guardian must sign this form. The form will need to be given to the Athletic Director, Mrs. Matuk, prior to tryouts/first practice - without this form and your current physical you may not participate in any practices or games!
10. When the online clearance process has been successfully completed, an email notification will be sent to the email address provided.



**If for any reason you are unable to complete the clearance online, please contact Mrs. Matuk either in person or via phone/email for a hard copy of the clearance packet.**

Fall Sports Dates	Winter Sports Dates	Spring Sports Dates
<b><i>July 31 - Clearance Deadline</i></b>	<b><i>November 4 - Clearance Deadline</i></b>	<b><i>February 3 - Clearance Deadline</i></b>
<p><b><i>Girls Volleyball - Begins August 1</i></b>                      Coach Tuan Tran - <a href="mailto:teacherprodigy@yahoo.com">teacherprodigy@yahoo.com</a>                      Coach Cody O'Connell - <a href="mailto:coconnell@hshmc.org">coconnell@hshmc.org</a>                      Coach Cynthia Ramirez - <a href="mailto:cramirez@hshmc.org">cramirez@hshmc.org</a></p> <p><b><i>Boys/Girls Cross Country - Begins August 5</i></b>                      Coach Brian Kennedy - <a href="mailto:bkennedy@hshmc.org">bkennedy@hshmc.org</a>                      Coach Stephany Velazquez - <a href="mailto:svelazquez@hshmc.org">svelazquez@hshmc.org</a></p> <p><b><i>Flag Football- Begins Aug 20</i></b>                      Coach Jonathon Walker - <a href="mailto:jwalker@hshmc.org">jwalker@hshmc.org</a>                      Coach Thomas Tutogi - <a href="mailto:ttutogi@hshmc.org">ttutogi@hshmc.org</a></p>	<p><b><i>Boys Basketball - Begins November 12</i></b>                      Coach Tyler Servis - <a href="mailto:tservis@hshmc.org">tservis@hshmc.org</a></p> <p><b><i>Girls Basketball - Begins November 12</i></b>                      Coach Stephany Velazquez - <a href="mailto:svelazquez@hshmc.org">svelazquez@hshmc.org</a></p> <p><b><i>Boys Soccer - Begins November 12</i></b>                      Coach Uriel Cortez - <a href="mailto:ucortez@hshmc.org">ucortez@hshmc.org</a>                      Coach Bryan Dale - <a href="mailto:bdale@hshmc.org">bdale@hshmc.org</a></p> <p><b><i>Girls Soccer- Begins November 12</i></b>                      Coach Yamily Sanchez - <a href="mailto:ysanchez@hshmc.org">ysanchez@hshmc.org</a></p>	<p><b><i>Boys Volleyball - Begins February 10</i></b></p> <p><b><i>Track and Field - Begins February 10</i></b>                      Coach Jeff Bonine - <a href="mailto:jbonine@hshmc.org">jbonine@hshmc.org</a>                      Coach Brian Kennedy - <a href="mailto:bkennedy@hshmc.org">bkennedy@hshmc.org</a></p>