

SHELDON HIGH SCHOOL ATHLETICS

Denise Aguilar, Athletic Director  
Rudy Ortega, Assistant Athletic Director  
Randy Reyna, Assistant Athletic Director  
Mark Zemke, Assistant Athletic Director



8333 Kingsbridge Drive  
Sacramento, CA 95829  
(916) 681-7500, ext. 8126  
(916) 681-7506 FAX

"Home of the Huskies"

## Athletic Clearance Fall 2010

**Returning athletes** must be totally cleared before starting fall practices/tryouts on August 9th.

The following are the requirements that are required each year:

1. **Minimum 2.0 GPA** on spring report card (term 2 session 2 for SHS).
2. **No outstanding bills** at SHS or SMS.
3. **Physical** (after May 1, 2010)—completed and signed by parent and **doctor**.
4. **EGUSD Athletic Handbook**— all completed and signed by parent and athlete.
  - a) **Team Participation Form pgs. 14/15**
    - must fill one out every season for every sport
  - b) **Student Alternate Transportation Form**
    - For students who will get transportation from adult other than parent
  - c) **Student Personal Auto Usage Form**
    - For students to drive self to events (not approved yet, just getting ready)
  - d) **Voluntary Athletic Contribution Form**
    - Voluntary donation to athletics, need form back whether a contribution is made or not
5. **Emergency Information Form**—completed and signed by parent.
6. **Mandatory New Athlete and Parent Meeting**—attended by athlete and parent when first starting athletics at SHS—the month and date that you previously attended this meeting is asked for on page 15 form in the Athletic Handbook.

**\*New athletes must attend the Mandatory New Athlete and Parent Meeting**

They must have completed the required requirements #1-3 above and must attend the Mandatory New Athlete and Parent Meeting on August 2<sup>nd</sup> at 7:00pm, **both** the athlete and a parent must be present at the meeting.

Check with head coaches for times and locations of practices/tryouts on August 9, 2010.

Transfer athletes (sophs, juniors, and seniors) must make an appointment with AD Denise Aguilar.

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### Fall Sport Head Coaches

The following are the fall sports with the head coach and his or her voice mail number at Sheldon (681-7500):

| Sport              | Head Coach     | VM #  |
|--------------------|----------------|-------|
| Cross Country      | Glenn Rogers   | 8126  |
| Football           | Josh Crabtree  | 93501 |
| Women's Golf       | Bill Phillips  | 93047 |
| Men's Soccer       | Rudy Ortega    | 93042 |
| Women's Tennis     | TBA            | 8126  |
| Women's Volleyball | Randy Williams | 93540 |

### **MANDATORY MEETING FOR NEW ATHLETE AND PARENT**

**Monday, August 2, 2010**

**7:00-9:00 p.m.**

**Sheldon High School's Cafeteria**

**Required paperwork will be completed at this meeting.**