



Maverick Athletics

GENERAL INFORMATION

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Athletics at La Costa Canyon High School provides students with the opportunity to be a part of a team, compete for their high school and foster character development. We provide various levels of sport teams, depending on the particular sport.

Student-athletes at LCC are held to a high standard and must meet all eligibility requirements to compete.

GENERAL ELIGIBILITY REQUIREMENTS for incoming freshmen:

- 1) **2.0 GPA** (Fall sport eligibility is based on 8th grade spring semester grades.)
- 2) Continued eligibility during each season depends on quarter and semester grades at the high school level. (Quarter grades are reported in November and April. Semester grades are reported beginning of February and June.)
- 3) Online Athletic Clearance submitted (see other side), Sports Physical, Copy of current Medical Insurance Card.

Please note that try-out dates may change; this is merely a guideline.

Fall Sports - Tryout	Winter Sports (Nov-Feb)	Spring Sports (Feb-May)
Football (7/30)	Boys Basketball	Baseball / Softball
Girls Volleyball (8/1)	Girls Basketball	Boys Golf
Boys Water Polo (8/1)	Boys Soccer	Gymnastics
B/G Cross Country (8/5)	Girls Soccer	B/G Lacrosse
Girls Field Hockey (8/5)	Girls Water Polo	B/G Swim and Dive
Girls Golf (8/5)	B/G Wrestling	Boys Tennis
Girls Tennis (8/5)		B/G Track and Field
Competitive Cheer (Sept) *Sideline Cheer try-out is in May 2019**		Boys Volleyball

Important Dates

April 22nd : Online clearance is OPEN for all sports; however, Fall Sports will be given priority and processed first. You may select as many sports as you are planning on trying out for during the 2019-2020 school year.

JUNE 6th : Sport Physicals will be offered at LCC (\$35 athletic fundraiser) Estimated timeframe between 3-6pm. Open to all incoming freshmen and current LCC students. You can submit all paperwork for clearance for Fall and make this a one stop shop to be eligible in the fall. See #8 for the forms that are required. **NOTE: Sports physicals must be renewed annually**

June 14th: Complete the Online clearance process and submit the required paperwork to the Athletics Office if trying out for a Fall Sport.

Please note: The athletic office is closed the month of JULY

HOW TO COMPLETE ATHLETIC CLEARANCE - Online Athletic Clearance Steps

1. Visit www.AthleticClearance.com
2. Watch quick tutorial video and **Register**. Parents register with valid email username and password. You will be asked to type in a code to verify you are human.
3. Log in
4. Select "**New Clearance**" to start the process.
5. Choose the School Year in which the student plans to participate (**2019-2020**). Choose the School - **La Costa Canyon High School**. Choose the **Sport(s)** your student will be trying out for. If your student is interested in playing multiple sports, please be sure to choose **all** the sports they may want to try out for. It makes the clearance process easy for the rest of the year.
6. Complete all required fields for Student Information, Educational History, Medical History and Signature Forms. (Please note: parent and student-athlete have **separate signature lines**. You must sign each signature one at a time. Auto-populating the signatures will cause it to be incorrect and will have to be reset and delay your clearance.
7. Once you reach the **Confirmation Message** you have completed the process. Please submit to the athletic office a current **Copy of Medical Insurance Card** and a **completed Sports Physical Form** to be completely cleared for try-outs.
8. All of this data will be electronically filed with the athletic department for **review**. When the online registration has been completed and the student has submitted the required paperwork, **an email notification will be sent to the registered email user account** indicating that the student has been **cleared for participation** in the tryout process.
9. Please direct any questions to Char Grogan, Athletic Secretary. Contact listed at top.