



Maverick Athletics

GENERAL INFORMATION

Athletic Director: Kari DiGiulio kari.digiulio@sduhsd.net (760) 436-6136 x6007

Athletic Secretary: Char Grogan charlin.grogan@sduhsd.net (760) 436-6136 x6002

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 sports teams, depending on the particular sport. Student-athletes at LCC are held to a high standard and must meet all eligibility requirements to compete.

BASIC ELIGIBILITY REQUIREMENTS:

- 1) 2.0 cumulative GPA (does not include weighted GPA) is required based on the last official grading period (quarter or semester) **8th grade spring semester grades** determine fall sports eligibility
- 2) Enrolled in at least 5 classes on campus
- 3) Continued academic eligibility during each season depends on Quarter (October and April) and Semester(December) grades.
- 4) Online Athletic Clearance completed, including uploading physical, copy of insurance card (front and back) and [Use of Private Auto for School Activity](#) . See information detailed below.
- 5) Copy of Physical:[Physical Sports Form 2022](#)
[Physical Sports Form 2022 \(Spanish\)](#)
- 6) Physicals will be conducted on campus this year (**June 1st**) as an Athletics Fundraiser. The suggested donation is \$40. [2022 Sports Physical Flyer](#)

Please keep in mind that the majority of Fall Sports starts at the beginning of August. Football begins at the end of July. Please make sure your summer calendar adjusts, as participation in try-outs is imperative to making a team at LCC. Levels offered are listed next to the sport (V= Varsity, JV= Junior Varsity and F = Freshmen)

Fall Sports (Aug-Nov)	Winter Sports (Nov-March)	Spring Sports (Feb-June)
Cheer- Sideline Try-outs June 13 (V, JV)	B/G Basketball V, JV, F	Baseball V, JV, F
B/G Cross Country V, JV (8/6)	B/G Soccer V, JV, F	Softball V, JV
Field Hockey V, JV (8/6)	B/G Wrestling B, JV	Gymnastics V, JV
Football V, JV, F (7/30)	G Water Polo V, JV, F	B/G Track and Field V, JV
B Water Polo V, JV, F (8/1)		B/G Lacrosse V, JV
CIF Cheer try-outs V TBD		B Volleyball V, JV, F
G Volleyball V, JV, F (8/1)		B/G Swim and Dive V, JV
G Tennis V, JV(8/6)		B Tennis V, JV
G Golf V, JV (8/6)		B Golf V, JV
		G Sand Volleyball V, JV

HOW TO COMPLETE ATHLETIC CLEARANCE -

Please follow this worksheet: [Online Athletic Clearance Steps](#)

Please note:

1. 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.

2. Once you reach the **Confirmation Message** you have completed the process on your end. The **three documents** that need to be submitted are: A completed copy of the four page physical as well as the copy of your medical insurance card (front and back) and the **private automobile form. (new this year)**. You can scan these documents and send them as one pdf: Here is how Upload by phone as PDF, or you can bring the hard copies into the office during office hours, or email them directly to Char Grogan. **(Best option)** contact listed at the top.
3. 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.

******LAST MINUTE CLEARANCES WILL BE ACCEPTED UNTIL NOON ON THE DAY OF TRYOUTS-ANY PAPERWORK SUBMITTED AFTER NOON WILL HAVE A 24 WAITING PERIOD FOR THE ATHLETE TO TRY OUT-NO EXCEPTIONS**

OFFICE HOURS: The athletic office is open during summer (8-3pm)until June 30th and reopens July 13th. Please email Char Grogan to set up your appt., if you plan to drop your paperwork off. The athletics office is located in the main administration building on campus. Questions, please contact :

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