



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: WINTER SPORTS need to be completed by 11/1

- 1) 2.0 cumulative GPA (does not include weighted GPA) is required based on the last official grading period (quarter or semester) Winter Sports will use Quarter grades to determine season eligibility.
- 2) Enrolled in at least 4 classes on campus
- 3) 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 at the beginning of February and June.)
- 4) Online Athletic Clearance completed, including uploading physical and copy of insurance card (front and back). Please note that if your child played a fall sport, and you did not designate another sport, you will need to go back into your account and edit the sport to designate a winter sport as well.
- 5) Copy of Physical: [Physical Form 2021](#)
Physicals available through your medical provider, or MedHero in LC Town Square as a school fundraiser. [MedHero Physical](#)

All Start dates subject to change, please check the LCC website for updates on try-out information

Fall Sports (Aug-Nov)	Winter Sports (Nov-March)	Spring Sports (Feb-June)
Cheer- Sideline	B/G Basketball TBD	Baseball
B/G Cross Country	B/G Soccer TBD	Softball
Field Hockey	B/G Wrestling (11/6)	Gymnastics
Football	G Water Polo (11/6)	B/G Track and Field
B Water Polo		B/G Lacrosse
CIF Cheer		B Volleyball
G Volleyball		B/G Swim and Dive
G Tennis		B Tennis

HOW TO COMPLETE ATHLETIC CLEARANCE - Online Athletic Clearance Steps

1. Visit www.AthleticClearance.com
2. Watch a 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 (**2021-2022**). 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. **NEW THIS YEAR:** You need to upload the copy of the physical, as well as the copy of your medical insurance card (front and back) You can scan these documents and send 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 you can email them directly to Char Grogan. **(Best option)** Contact listed at top.
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.

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

9. Please direct any questions to Char Grogan, Athletic Secretary. Contact listed at top.

OFFICE HOURS: The athletic office is open by appt only. Please email Char Grogan to set up your appt.