



Dear Student Athlete/Parents:

Welcome to Sacramento High School and to our fine athletic program. Below is a list of forms that must be completed, signed, and submitted to the athletic office before you are clear to participate in interscholastic athletics.

1. ATHLETIC PHYSICAL EVALUATION—*Form needs to be signed and returned*

Physicals must occur after June 1st and have a physician's signature indicating you have received the state-required physical examination after June 1st of the school year you want to play.

2. EMERGENCY/PARTICIPATION INFORMATION—*Form needs to be signed and returned*

Proof of Insurance, Parent consent and Risk Warning

Every athlete must have insurance. This form states that you have an understanding of the athletic handbook, steroid policy, transportation policy, insurance policy, etc. Must be signed by parent/guardian and student athlete in order to participate.

3. HANDBOOK—*Needs to Read and Understand*

This form verifies that both student and parent have read and understand all policies that pertain to athletics at Sacramento High School.

4. AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STERIODS—*Needs to Read and Understand*

This form states that students will not use androgenic/anabolic steroids.

5. ACADEMIC ELIGIBILITY

Must have a 2.0 with no more than one NCR from previous grading period.

FALL Try-outs August 8	WINTER Try-outs November 7	SPRING Try-outs February 6
FOOTBALL	GIRLS BASKETBALL	SOFTBALL
BOYS SOCCER	BOYS BASKETBALL	TRACK AND FIELD-Boys and Girls
GIRLS VOLLEYBALL	BOYS WRESTLING	BASEBALL
GIRLS GOLF	GIRLS WRESTLING	BOYS VOLLEYBALL
CROSS COUNTRY-Boys and Girls		GIRLS SOCCER

THERE WILL BE CONDITIONING FOR ALL SPORTS THOUGH-OUT THE SUMMER. PLEASE CHECK OUR WEBSITE WWW.SACHIGHATHLETICS.ORG OR CALL THE SCHOOL TO FIND OUT WHEN TEAMS WILL BE CONDITIONING THROUGH-OUT THE SUMMER.

Best wishes for an enjoyable and successful year! If I can be of any assistance to you, please feel free to contact me.

Justin Gatling
Athletic Director
Sacramento High School

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