

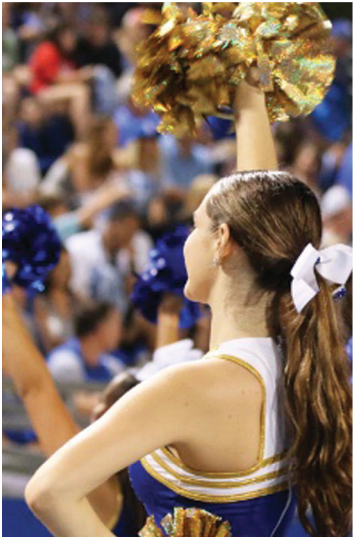
SANTA MARGARITA CATHOLIC HIGH SCHOOL

2022 – 2023 ATHLETICS PACKET



CONTENTS:

1. Athletic clearance steps
2. Sports physicals information
3. Pre-performance physical exam (PPE) forms
4. Summer Sports Camps Schedule for Incoming and Returning SMCHS athletes





ATHLETIC CLEARANCE

Below are the Steps to Complete Athletic Clearance for the 2022– 2023 School Year. **Registration opens May 1, 2022.**

Step 1: Register

- Go to www.homecampus.com
Navigate to Santa Margarita (CIF SS) and register for the 2022-2023 school year
- Select EACH sport that your student will be participating in
- Have the following ready for a faster registration: Insurance Information, Physician Information, Emergency Contacts, and a **COMPLETED** physical
- Please note: Athletic Clearance must be completed **EVERY YEAR** in order to be eligible to participate in SMCHS Athletic Programs

Step 2: Turn in Your Athletic Physical

- Complete a physical examination with a doctor (MD/ DO) using the SMCHS form found in this packet here – <https://eaglecamps.info/forms>
- All physicals expire after 365 days from the original physical date
- Make sure to upload your physical form to your student's Athletic Clearance account. SMCHS Sports Medicine/ Athletics DO NOT accept hard copies

Further information regarding Athletic Clearance can be found at: <https://eaglecamps.info/sportsmed>





SPORTS PHYSICALS

The sports physical exam is known as a pre-participation physical examination (PPE). The exam helps determine whether it's safe for a student to participate in a certain sport.

 **MARQUE**
FAMILY URGENT CARE
SPORTS PHYSICALS

pediatric services by
 **CHOC**

Book your online reservation or walk-in 7 days a week.

- **Book Online:** www.MarqueMedical.com/SMCHS
- **Or Call:** 1-877-MY-DOC-NOW (693-6266) x1201 / 1202
- **Address:** 22461 Antonio Pkwy., Suite 135, RSM, 92688*
** You may go to any Marque Urgent Care clinic to complete a sports physical*
- **Sport Physical Cost:** \$50**
*** A portion of the cost will be donated back to SMCHS*

Additional screening services available to SMCHS student-athletes:



If your student-athlete has tested positive for COVID-19 or may have contracted the disease and/or experienced symptoms, schedule an EKG to check for heart arrhythmias. Early detection saves lives! This heart screening is only \$89 for Eagle student-athletes.



Screen time for Americans has increased 60% within the last year, leaving children at-risk for developing serious eye conditions like Computer Vision Syndrome (CVS). We've partnered with a local Ophthalmologist to offer [FREE eye screenings to all student-athletes.](#) This advanced screening uses the State-of-the-art Zeiss Teleretinal Screening System which uncovers eye conditions such as macular degeneration and diabetes. Available at our Newport Beach clinic.



SANTA MARGARITA CATHOLIC HIGH SCHOOL

2022/2023 Pre-Participation Physical Evaluation Form

Name _____ Sex _____ Age _____ Date of Birth _____
 Grade 2022-2023 _____ School _____ Sports _____
 Address _____ Phone _____
 Personal Physician _____
In case of emergency, contact
 Name _____ Relation _____ Phone (H) _____ Cell _____

Explain "Yes" answers below.
 Circle questions you don't know the answers to.

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last checkup or physical?	<input type="checkbox"/>	<input type="checkbox"/>	10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, or hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever been hospitalized overnight? Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	11. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are currently taking any prescription or nonprescription (over the counter medications) or pills or using an inhaler? Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?	<input type="checkbox"/>	<input type="checkbox"/>	12. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints? Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? <i>If yes, check appropriate box and explain below.</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? Have ever had a rash or hives develop during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
5. Have you ever passed out during or after exercise? Have you ever been dizzy during or after exercise? Have you ever had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise? Have ever had racing of your heart or skipped heartbeats? Have you had high blood pressure or high cholesterol? Have you ever been told you have a heart murmur? Has any family member died of heart problems or of sudden death before age 50? Have you had severe viral infection (for example, myocarditis or mononucleosis) within the last month? Has a physician ever denied or restricted your participation in sports for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
7. Have you ever had a head injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Have you ever had numbness or tingling in your arms, hands, legs, or feet? Have you ever had a stinger, burn, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
8. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
9. Do you cough, wheeze, or have trouble breathing during or after activity? Do you have asthma? Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
			13. Do you want to weigh more or less than you do now? Do you lose weight regularly to meet weight requirements for your sport?	<input type="checkbox"/>	<input type="checkbox"/>
			14. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
			15. Record the date of your most recent immunizations: Tetanus _____ Measles _____ Hepatitis B _____ Chickenpox _____		
			FEMALES ONLY		
			16. When was your first menstrual period? _____ When was your most recent menstrual period? _____ How much time do you usually have from the start of one period to the start of another? _____ How many periods have you had in the last year? _____ What was the longest time between in the last year? _____		
			Explain "Yes" answers here: _____ _____ _____ _____		

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete _____ Signature of parent/guardian _____ Date _____



SANTA MARGARITA CATHOLIC HIGH SCHOOL
2022/2023 Pre-Participation Physical Evaluation Form

Name _____ Date of Birth _____
 Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP _____/_____/_____ (_____/_____, ____/_____)
 Vision R 20/ _____ L20/ _____ Corrected: Y N Pupils: Equal Unequal

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (Males Only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*Station based examination only

CLEARANCE

Cleared

Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

Name of Physician (Print/Type) _____ Date _____

Address _____ Phone _____

Signature of Physician _____ MD or DO

SPORTS CAMPS



For Incoming SMCHS Freshmen and Returning Students

Summer camp schedules for SMCHS incoming freshmen and returning students available on the following pages. Find your camp and register online.

Sports Offered:

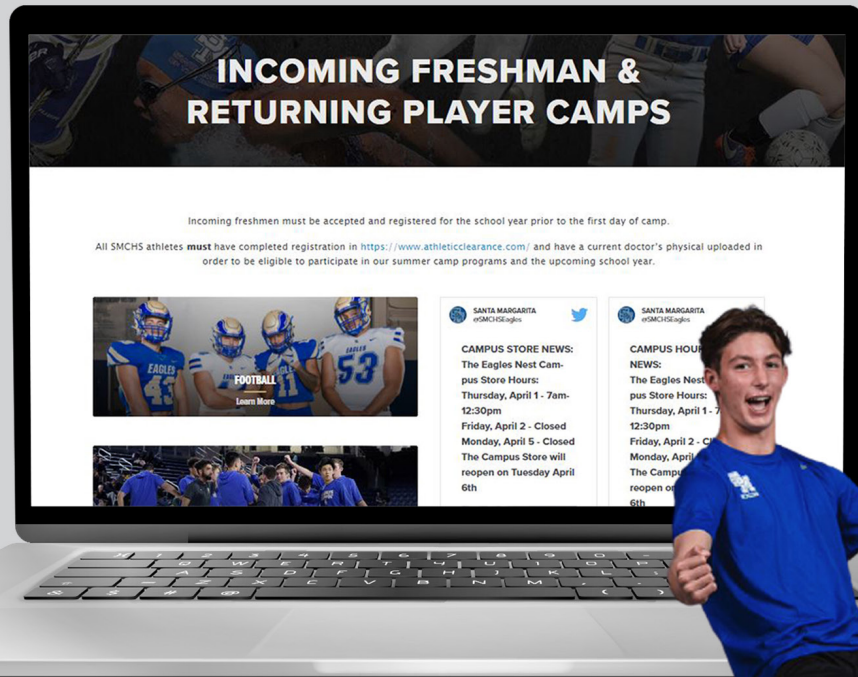
BASKETBALL
FOOTBALL
BASEBALL
CHEER
LACROSSE
SOCCER
SWIMMING
VOLLEYBALL
WATER POLO

and more!



REGISTER ONLINE NOW

www.smhs.org/summercamps



 Twitter: @SMCHSAthletics

 Instagram: @smchsathletics

SMCHS 2022 / 2023 High School Sports Camps

Camps for incoming SMCHS freshmen and returning SMCHS student athletes

BASEBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Freshmen	6/20	7/20	M-Th	10:00am - 12:30pm	SM Baseball Field	\$350.00
June-July	Returners	6/13	7/20	M-Th	8:30am - 11:00am	SM Baseball Field	\$350.00

GIRLS BASKETBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/20 7/11	7/21 7/14	M-Th	2:00pm - 4:00pm 2:00pm - 3:00pm	SM Gym	\$350.00

BOYS BASKETBALL *\$500 is the total cost for 6/13 - 7/21

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/13	6/16	M-Th	9:00am - 11:00am	SM Gym	\$500.00*
June-July	High School	6/20	6/23	M-Th	7:00am - 9:00am		
June-July	High School	6/27	6/30	M-Th	9:00am - 11:00am		
June-July	High School	7/11	7/14	M-Th	7:00am - 9:00am		
June-July	High School	7/18	7/21	M-Th	9:00am - 11:00am		

BOYS VOLLEYBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/11	7/14	M-Th	3:00pm - 5:00pm	SM Gym	\$225.00

GIRLS VOLLEYBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Returner	7/25	7/29	M-F	8:00am - 11:00am	SM Gym	\$300.00
July	Freshmen	7/25	7/29	M-F	12:00pm - 2:00pm	SM Gym	\$300.00

BOYS WATERPOLO

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/13	7/21	M-Th	6:00am - 8:00am	SM Pool	\$500.00

GIRLS WATERPOLO

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/13	7/14	M-Th	8:00am - 10:00am	SM Pool	\$500.00

SWIMMING

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	7/11	7/14	M-Th	1:00pm - 3:00pm	SM Pool	\$175.00

BOYS TENNIS

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	High School	6/20	6/30	M-Th	8:00am - 10:00am	SM Tennis Courts	\$375.00

GIRLS TENNIS

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Freshmen/JV	7/11	7/21	M-Th	4:00pm - 6:00pm	SM Tennis Courts	\$375.00
July	Varsity	7/11	7/21	M-Th	8:00am - 10:00am	SM Tennis Courts	\$375.00

CROSS COUNTRY

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/13	7/21	M-Th, S	8:00am - 10:00am	SM Track	\$275.00

BOYS SOCCER

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Freshmen	6/13	6/16	M-Th	8:00am - 10:00am	SM Turf	\$175.00
June	Returners	6/13	6/16	M-Th	10:30am - 12:30pm	SM Turf	\$175.00
June-July	Summer League - JV/Varsity Levels Only	6/27	7/20	M-Th	TBA	Capo Valley HS	\$175.00

GIRLS SOCCER

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Returners	7/12	7/14	T-Th	8:00am - 10:00am	SM Turf & Grass Field 2	\$175.00
July	Freshmen & FS Returners	7/12	7/14	T-Th	10:00am - 12:00pm	SM Turf & Grass Field 2	\$175.00
June-July	Summer League - JV/Varsity Levels Only	6/27	7/21	TBA	TBA	Capo Valley HS	\$175.00

FOOTBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June/July	Freshmen	6/20	7/20	M-Th	12:30pm - 3:00pm	SM Turf	\$300.00
June/July	Returners	6/20	7/20	M-Th	12:30pm - 4:30pm	SM Turf	\$300.00

GIRLS LaCROSSE

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/19	7/21	T-Th	8:00am - 11:00am	SM Turf	\$195.00

BOYS LaCROSSE

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Returner	6/20	6/30	M / W	6:30pm - 8:30pm	SM Turf	\$175.00
June	Freshmen	6/13 6/20	6/13 6/30	M / W	9:00am - 12:00pm 6:30pm - 8:30pm	SM Turf	\$195.00

WRESTLING

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/13	7/21	M-Th	8:00am - 11:00am	Wrestling Room	\$350.00

GIRLS BEACH VOLLEYBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/11	7/14	M-Th	1:00pm - 3:00pm	Sand Courts	\$250.00
July	High School	7/18	7/21	M-Th	1:00pm - 3:00pm	Sand Courts	\$250.00



SANTA MARGARITA CATHOLIC HIGH SCHOOL COACHES' PROFILE

The purpose of the coaches' profile is to outline the essential attributes and attitudes all coaches are expected to possess. The objectives of the SMCHS coach profile are to inform prospective coaches about the unique educational environment at SMCHS and to use the profile as a standard when evaluating their performance and professional growth. In addition, the profile focuses on personal, professional and institutional growth and provides a level of aspiration for coaches. This approach lends itself to honest reflection, creative discussion and emphasizes respect for the individual.

ATHLETIC DEPARTMENT PHILOSOPHY

The interscholastic athletic program of Santa Margarita Catholic High School is an integral part of the entire educational experience. It is a Christ-centered sports program that contributes to the development of the individual athlete in every aspect; spiritually, intellectually, physically, emotionally, and socially.

As role models, coaches must exemplify our school's core principals of compassion, humility, justice, and kindness and align with our athletic department's mission. The athletic staff will strive to develop students' athletic skills, teach the values of good sportsmanship and instill responsibility to oneself, their team, and school. While winning is important, we believe the lessons learned and the efforts made by our student athletes, will lead them to succeed throughout their lives.

ATHLETIC DEPARTMENT MISSION STATEMENT

Through the charism of Caritas Christi – the love of Christ, Santa Margarita Catholic High School Athletics strives to foster a culture that supports growth and empowerment. Athletic participation provides a safe space for the learning and development of life-long skills; the pursuit of excellence through personal development and teamwork, ethical and responsible behavior, and demonstrating strength of character and sportsmanship.

A SMCHS COACH WILL DEMONSTRATE

FAITH

Embody our charism, Caritas Christi, the love of Christ

- Foster faith by means of prayer, Mass and communion services, retreats, and Christian Service activities.

COMPASSION

Be Kind

- Respect for all.
- Victory with humility and acknowledgement of defeat with dignity. Convey genuine care and concern for all players. Develop rapport with team through trust and respect.

LEADERSHIP

Instill the importance of faith, family, and education with professionalism and servant leadership

- Create a positive and inclusive environment that promotes growth and opportunity.
- Instill characteristics that commit to a challenge, welcomes adversity, and recognize that there is no substitute for hard work.

COMMUNICATION

Set and convey vision, goals and standards for the sports program

- Clearly defining expectations of coaches, players, and parents.
- Prompt handling of any issues that may arise within the program.
- Maintain open lines of communication with the SMCHS athletic department.