# SANTA MARGARITA CATHOLIC HIGH SCHOOL 2023 – 2024 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





# Below are the Steps to Complete Athletic Clearance for the 2023–2024 School Year. Registration opens May 1, 2023.

#### Step 1: Register

- Go to www.homecampus.com
   Navigate to Santa Margarita (CIF SS) and register for the 2023-2024 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





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.

# EMARQUE FAMILY URGENT CARE SPORTS PHYSICALS

### 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 phsical
- 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 <u>FREE eye screenings to all student-athletes</u>. 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

### 2023/2024 Pre-Participation Physical Evaluation Form

Grade 2023-2024       School       Sports         Address       Phone         Personal Physician       In case of emergency, contact         Name	Name				Sex	Age	Date of Birth		
Address									
Personal Physician         In case of emergency, contact         Name       Relation       Phone (H)       Cell         Explain "Yes" answers below.       Crick questions you don't know the answers to.       Yes No         1. Have you were been hospitalized overnight?       an endical illness or injury since your last.       Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for or position of non-prescription or nonprescription or nonprescription or loce weight or improve you were fasses and rule you been or fractured any problems with your sevel and the hyp ou gent or loce weight or improve you performance?       10. Do you use any altergies (for example, to polent, "points", "frainer or your tesht, or protective, equipment or discoated any other problems with your sevel area or guest esht, or your have or your had a rash or hives develop during or after exercise?         1. Have you ever passed out during or after exercise?       Image: the seven and chast paint during or after exercise?         1. Have you ever been didy out during or after exercise?       Image: the seven and chast paint during or after exercise?         1. Have you ever been didy out during or after exercise?       Image: the seven and chast paint problems or the sevent and chast paint problems with you on a sevent and chast paint problems with you on a sevent and chast paint problems with you on sevent and chast paint problems with you on a sevent and chast paint were you were passed out during or after exercise?         1. Have you ever been didy out during or after exercise?       Imade: the problems with your orease than the									
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<ul> <li>itching, rashes, acne, warts, fungus, or blisters)?</li> <li>7. Have you ever had a head injury or concussion?</li> <li>Have you ever been knocked out, become</li> <li>Have you ever had a seizure?</li> <li>Have you ever had a seizure?</li> <li>How many periods have you had in the last year?</li> <li>How many periods have you had in the last year?</li> <li>What was the longest time between in the last</li> <li>year?</li> <li>Explain "Yes" answers here:</li> <li>B. Have you ever become ill from exercising in the heat?</li> <li>Do you have asthma?</li> <li>Do you have seasonal allergies that require medical</li> </ul>				FE	EMALES ONLY				
7. Have you ever had a head injury or concussion?       Image: When was your most recent menstrual period?         Have you ever been knocked out, become unconscious, or lost your memory?       Image: When was your most recent menstrual period?         Have you ever had a seizure?       Image: When was your most recent menstrual period?         Have you ever had a seizure?       Image: 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?         Do you have frequent or severe headaches?       Image: What was the longest time between in the last year?         Have you ever had a stinger, burn, or pinched nerve?       Image: What was the longest time between in the last         8. Have you ever become ill from exercising in the heat?       Image: What was the longest time between in the last         9. Do you cough, wheeze, or have trouble breathing during or after activity?       Image: What was the longest time between the last         Do you have seasonal allergies that require medical       Image: What was the longest time between the last		, 🗆		10	When wee your fire	t monstruel nor	iad2		
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during or after activity?									
Do you have seasonal allergies that require medical	during or after activity?								
treatment?	, ,								
	treatment?								

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

Signature of athlete\_

Date



SANTA MARGARITA CATHOLIC HIGH SCHOOL

### 2023/2024 Pre-Participation Physical Evaluation Form

Name					Date o	f Birth				
Height	_Weight	% Body Fat (optional)	Pulse	_ BP	/	_ (	/	,	_/	)
Vision R 20/	L20/	Corrected: Y N	Pupils: Equal	Une	qual					

	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:	empleting evaluation/rehabilitation for:		
Not cleared for:	Reason:		
Recommendations:			
Name of Physician (Print/Type)		Date	
Address		Phone	
Signature of Physician			_MD or DO



### 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 2023-2024 Sports Camps

Camps for SMCHS incoming freshmen and SMCHS returning student athletes

#### Stores to register will be open on March 1, 2023

Dates / times subject to change.

BASEBALL	- 						
	CRADE	STADT		DAVE	TINAC		DDICE
MONTH	GRADE	START	END	DAYS	TIME		PRICE
June-July	Freshmen	6/19	7/19	M-TH	2:00pm - 4:00pm	Softball Field	\$350
June-July	Returner	6/19	7/19	M-TH	TBD	TBD	\$350
GIRLS SOCCER		CTA DT	END	DAVC	TINAC		DDIOS
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	HS Summer League	TBD	TBD	T & TH	12:00pm - 6:00pm	Capo Valley HS	\$175
July	Varsity & JV	7/18	7/20	T-TH	10:00am - 12:00pm	Grass Field 1 & 2	\$175
July	Freshmen & FS Returners	7/18	7/20	T-TH	8:00am - 10:00am	Grass Field 1 & 2	\$175
BOYS BASKET	BALL *\$500 for total cos	t of camp	6/19 - 7/2	20			
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Varsity	6/19	6/22	M-TH	1:00pm – 3:00pm	Ladera Ranch Sports Center	\$500*
June	Varsity	6/26	6/29	M-TH	1:00pm – 3:00pm	Ladera Ranch Sports Center	
July	Varsity	7/10	7/13	M-TH	1:00pm – 3:00pm	Ladera Ranch Sports Center	
July	Varsity	7/17	7/20	M-TH	1:00pm – 3:00pm	Ladera Ranch Sports Center	
June	JV & Freshmen	6/19	6/22	M-F	9:00am – 11:00am	SM Gym (Serra Catholic)	\$500'
June	JV & Freshmen	6/26	6/29	M-F	7:00am – 9:00am	SM Gym (Serra Catholic)	
July	JV & Freshmen	7/10	7/13	M-TH	7:00am – 9:00am	SM Gym (Serra Catholic)	
July	JV & Freshmen	7/17	7/20		9:00am – 11:00am	SM Gym (Serra Catholic)	
<b>GIRLS BASKET</b>	BALL						
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/19	7/20	M-TH	2:00pm - 4:00pm	Gym (Serra Catholic)	\$360
BOYS VOLLEY	BALL					, , , , , , , , , , , , , , , , , , ,	
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/24	7/27	M-TH	4:00pm - 6:00pm	SM Gym	\$300
GIRLS VOLLEY					,	, 	
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Returner	7/24	7/28	M-FR	8:00am - 11:00am	SM Gym	\$300
July	Freshmen	7/24	7/28	M-FR	12:00pm - 2:00pm	SM Gym	\$300
•	CONDITIONING   Co-E				· ·	- 	
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June - July	High School	6/19	7/20	T & Th	2:30pm – 3:30pm	SM Weight Room	5 week \$300 3 week \$200 1week \$100

June-July         High School         6/19         7/13         M-TH         6:00am -8:00am         Pool         \$500           GIRLS WATER POLO         U         U         U         U         U           MONTH         GRADE         START         END         DAYS         TIME         LOCATION         PRICE           June-July         High School         G/10         7/10         M-TH         8:00am -10:00am         Pool         \$175           SWIM         Summer League         TBD         TBD         DAYS         TIME         LOCATION         PRICE           SUIP-JULY         High School         6/19         7/10         M-TH         8:00am -10:00am         Pool         \$175           SWIM         GRADE         START         END         DAYS         TIME         LOCATION         PRICE           JUne         High School         6/19         6/29         M-TH         8:00am -10:00am         Tennis Courts         \$375           GIRLS TENNIS         U         Y/Y         7/17         7/27         M-TH         8:00am -10:00am         Tennis Courts         \$375           GIRLS TENNIS         U         Y/Y         7/17         7/27         M-TH         8:00am -10:00	BOYS WATER	POLO																																																																																																																																																																																																			
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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.