

STEP 1 – TO BE COMPLETED BY STUDENT

FIRST NAME	LAST NAME	
CIRCLE ONE: GIRL / BOYS	ID	GR

I WANT TO DROP (circle one)

- P.E./Other _____
- Baseball, Boys
- Basketball
- Beach Volleyball, Girls
- Cheer
- Cross Country
- Football
- Golf
- Soccer
- Softball, Girls
- Swimming
- Tennis
- Track & Field
- Volleyball
- Waterpolo
- Wrestling

I WANT TO ADD (circle one)

- P.E./Other _____
- Baseball, Boys
- Basketball
- Beach Volleyball, Girls
- Cheer
- Cross Country
- Football
- Golf
- Soccer
- Softball, Girls
- Swimming
- Tennis
- Track & Field
- Volleyball
- Waterpolo
- Wrestling

STEP 2 – GET DROP SIGNATURES

1. Head Coach/Teacher _____ Date _____
2. Equipment Manager _____ Date _____

STEP 3 – GET ADD SIGNATURE

1. Head Coach/Teacher _____ Date _____

STEP 4 – SUBMIT MY ATHLETIC CLEARANCE PACKET

At athleticclearance.com (physical, insurance, confirmation page)

STEP 5 – GET THE ATHLETIC DIRECTOR'S SIGNATURE

1. Athletic Director _____ Date _____

FINAL STEP – TAKE COMPLETED FORM TO MY COUNSELOR.

Estancia HS Athletic Head Coaches 2023/24

FALL SPORTS

Sport	Coach	Email
Cross Country, CoEd	Michael Canas	coachcanas@gmail.com
Football	Mike Bargas	mbargas@nmusd.us
Golf, Girls	Brian Burgess	bburgess@nmusd.us
Tennis, Girls	Mike Moorewood	mwood4006@yahoo.com
Volleyball, Girls	Jake Melcer	melcerjake@gmail.com
Waterpolo, Boys	Matthew Frazier	coachfrazier242@gmail.com

WINTER SPORTS

Sport	Coach	Email
Basketball, Boys	Xavier Castellano	xcastellano@nmusd.us
Basketball, Girls	Judd Fryslie	JFryslie@nmggeotech.com
Soccer, Boys	Robert Castellano	rcastell@mazdausa.com
Soccer, Girls	Joshua Juarez	juarezgwc@gmail.com
Waterpolo, Girls	Matthew Frazier	coachfrazier242@gmail.com
Wrestling	Danny Alderete	dannyalderete@yahoo.com

SPRING SPORTS

Sport	Coach	Email
Baseball	Nate Goellrich	ngoellrich@nmusd.us
Beach Volleyball, Girls	Katie Goto	ktmd30@gmail.com
Golf, Boys	Art Perry	aperry@nmusd.us
Softball	Taise Thompson	Taisethompson1@gmail.com
Swimming, CoEd	Amber Peters	apeters@nmusd.us
Tennis, Boys	Mike Moorewood	mwood4006@yahoo.com
Track & Field, CoEd	Kevin Rosales	krosales@nmusd.us
Volleyball, Boys	Serena Comer	comer.serena@gmail.com

YEAR ROUND SPORTS

Sport	Advisor	Email
Cheerleading, CoEd	Lexi Hawlish	ahawlish@yahoo.com