



WILSON ATHLETICS

INCOMING & NEW ATHLETE MEETING

READY TO GET IN THE GAME?




**MONDAY
MAY 4TH**


**6:00
PM**


**MEDIA
CENTER**


OPEN TO:


-  Incoming Freshmen
-  Current Wilson Students **NEW** to Athletics
-  Any student interested in trying a sport

WHAT YOU'LL LEARN:

- ✓ How to complete Athletic Online Clearance
- ✓ Physical Requirements for participation
- ✓ Summer opportunities to get involved
- ✓ Expectations for Wilson student-athletes
- ✓ How to stay connected with coaches & programs

ON-CAMPUS PHYSICAL DAY

 **WEDNESDAY
JUNE 3RD**

 1:00 PM – 3:00 PM

 **WILSON GYM**
\$25

**GET CLEARED FOR
SUMMER + ENTIRE SCHOOL YEAR!**

SPECIAL PRESENTATIONS:



CHARLES LEWIS
Head Football Coach
NCAA Eligibility
& Recruiting



DAVID PURCEY
Assistant Principal
Supporting Student-Athlete
Success

SIGN IN HERE →



**SCAN THE QR CODE
OR VISIT:**
<https://forms.gle/tYGaANbXPjXWADdY7>



FOR MORE INFORMATION
VISIT THE **WILSON ATHLETICS** WEBSITE

**WILSON
WILDCATS**
PURSUING VICTORY WITH HONOR





WILSON ATHLETICS PRESENTERS



INCOMING & NEW ATHLETE MEETING



WILLIE ALLEN
ATHLETIC DIRECTOR



TOPIC:
ATHLETIC ONLINE CLEARANCE



CHARLES LEWIS
HEAD FOOTBALL COACH



TOPIC:
NCAA ELIGIBILITY CENTER & RECRUITMENT



DAVID PURCEY
ASSISTANT PRINCIPAL



TOPIC:
SUPPORTING STUDENT-ATHLETE SUCCESS (PLC)

THREE GREAT LEADERS. THREE IMPORTANT TOPICS. ONE GOAL – YOUR SUCCESS.

WHAT WE WILL TALK ABOUT



- Step-by-step clearance process
- Required documents & timelines
- Physical requirements
- How clearance impacts summer participation
- Common mistakes to avoid



- What the NCAA Clearhouse is
- When to register
- Academic requirements for college athletics
- Building a recruiting pathway early



- Communication between athletes, parents & coaches
- Academic expectations & accountability
- Building a positive athletic culture
- Resources available for student-athletes

TOGETHER, WE SUPPORT EVERY WILSON STUDENT-ATHLETE ON THE FIELD, IN THE CLASSROOM, AND BEYOND.



CREATE YOUR HOME CAMPUS ACCOUNT



HOME CAMPUS

ONE STOP SHOP FOR SCHOOL ATHLETICS

STUDENTS –
PLEASE DO NOT USE
YOUR HLP.NET ACCOUNT.
USE YOUR PERSONAL EMAIL.

FOLLOW THESE STEPS TO GET STARTED!

1

CREATE AN ACCOUNT



Click "Sign Up" and enter your personal email and create a password.

2

VERIFY YOUR EMAIL ACCOUNT



Check your email inbox and click the verification link from HomeCampus.

3

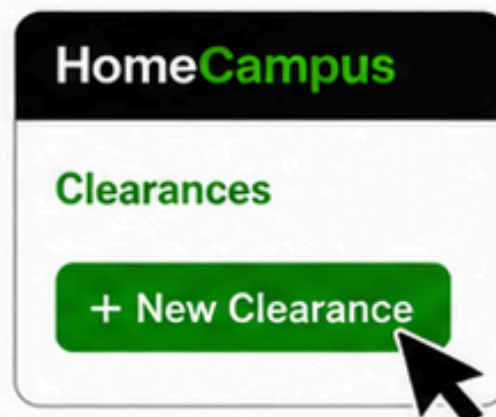
LOG IN WITH USERNAME AND PASSWORD



Return to HomeCampus and log in with your username and password.

4

SELECT "NEW CLEARANCE"



From your dashboard, click the green "New Clearance" button.

5

COMPLETE ALL REQUIRED FIELDS



Fill out all sections completely and accurately. All required fields must be completed.

6

SELECT THE CORRECT SCHOOL – VERY IMPORTANT!

School
Wilson/Hacienda Heights High School <input checked="" type="checkbox"/>
Hacienda Heights, CA 91745
Wilson High School
Long Beach, CA
Wilson High School
Los Angeles, CA



MAKE SURE YOU CHOOSE WILSON/HACIENDA HEIGHTS HIGH SCHOOL WITH THE HACIENDA HEIGHTS ADDRESS

THERE ARE 2 OTHER WILSON HIGH SCHOOLS IN THE SOUTHERN SECTION OF CIF.



GET CLEARED. GET READY. COMPETE.





PHYSICAL & INSURANCE FORMS

IMPORTANT! READ, COMPLETE & SUBMIT!



PHYSICAL FORM

Form 2

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
ANNUAL PHYSICAL SCREENING FORM



SPORTS: (all) _____ (winter) _____ (spring) _____

Name _____ Grade _____ Male _____ Date of Birth ____/____/____

Address _____ City _____ Zip Code _____

Name of Father/Guardian _____ Work phone _____ Cell phone _____

Name of Mother/Guardian _____ Work phone _____ Cell phone _____

Emergency Contact _____ Relationship _____ Phone _____

I hereby give my consent for the above named student to complete its sports and to go with a representative of the school on any trips. In case of injury, you are authorized to have him/her treated.

Signature of parent/guardian _____ Date _____

HEALTH HISTORY: TO BE COMPLETED BY PARENT BEFORE DOCTOR EXAM

Any past or present	Yes	No	Any past or present	Yes	No
Problems with vision	_____	_____	Concussion	_____	_____
Headaches	_____	_____	Seizures	_____	_____
Dizziness	_____	_____	Heat illness	_____	_____
Problems with hearing	_____	_____	Sickle cell trait	_____	_____
Fainting	_____	_____	Hernia	_____	_____
Asthma	_____	_____	Distance restrictions	_____	_____
Diabetes	_____	_____	Surgery	_____	_____
Heart problems	_____	_____	Other (explain) _____	_____	_____
Chest pain with exercise	_____	_____			
High blood pressure	_____	_____			

PHYSICAL EXAMINATION: TO BE COMPLETED BY DOCTOR

HEIGHT _____ WEIGHT _____ BP _____

PULSE _____ VISION: R 20/ _____ L 20/ _____

NORMAL ABNORMAL (Explain) _____

CLEAR FOR SPORTS: YES NO

Recommendations/Restrictions: _____

Name of physician (print) _____ MD or DO _____

Physician Signature _____ Date _____

Office Stamp (REQUIRED) PHYSICIAN'S OFFICE STAMP

ALL SECTIONS MUST BE COMPLETED BY PARENT/GUARDIAN & DOCTOR



INSURANCE FORM

Form 3

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT
MEDICAL INSURANCE CERTIFICATION



Last Name: _____ First Name: _____ MI: _____

Birth Date: ____/____/____ Sports/Activity: _____ Fall Winter Spring

California Law, Education Code, Section 32220-24 requires that every member of a high school athletic team have accidental bodily injury insurance, providing at least \$15,000 of scheduled medical/hospital benefits. The parent or guardian must provide proof that their family coverage satisfies the Code in relation to medical coverage. If you have the \$15,000 accidental bodily injury insurance, please fill out ITEM 1 below. If you do not have accidentally bodily injury benefits for your son, daughter, or ward, please fill out ITEM 2 below.

ITEM 1 – MY MEDICAL COVERAGE POLICY FOR AT LEAST \$15,000 IS ISSUED BY:

Insurance Company _____ Policy Number _____

I certify that the student listed above has accidental bodily injury insurance providing at least \$15,000 of scheduled medical/hospital benefits.

Parent/Guardian Signature _____ Date _____

ATTACH A COPY OF INSURANCE CARD HERE

CareFirst
Family of Health Care Plans

Member Name: JOHN DOE Coverage Type: PPO

Member ID: ABC123456789 Rx BIN: 610014

Group: 123456 Rx PCN: ADV

Office Visit: \$20 Copay Emergency Room: \$150 Copay www.carefirst.com

ITEM 2 – The athlete does not have accidental bodily injury insurance required.

YOU MUST COMPLETE APPROPRIATE MYERS-STEVENSON & TOOHEY & CO., INC. APPLICATION

Parent/Guardian Signature _____ Date _____

MOST COMMONLY MISSED!

1 PARENTS OFTEN FORGET TO FILL OUT THE TOP PORTION

MOST COMMONLY MISSED!

2 PARENTS OFTEN FORGET TO FILL OUT THE MIDDLE PORTION

MOST COMMONLY MISSED!

1 PARENTS OFTEN FORGET TO ATTACH A COPY OF INSURANCE CARD



FORMS MUST BE COMPLETE, SIGNED & DATED TO PARTICIPATE
INCOMPLETE FORMS WILL DELAY CLEARANCE



W

GLEN A. WILSON

ATHLETICS

SPORTS

PHYSICALS DAY!



✓ **GET CLEARED.
GET READY.
COMPETE.**

📋 **REQUIRED FOR ALL
STUDENT-ATHLETES**

★ **MUST BE COMPLETED TO
PARTICIPATE IN SUMMER
WORKOUTS & SPORTS**

🛡️ **PHYSICAL WILL COVER
THE ENTIRE SCHOOL YEAR**



DATE
JUNE 3RD



TIME
1:00 PM - 3:00 PM



LOCATION
IN THE GYM



COST
\$25
PER ATHLETE

DON'T WAIT!
**BE READY FOR SUMMER TRAINING
AND THE UPCOMING SEASON!**



SIGN UP TODAY!

SCAN THE
QR CODE
TO SIGN UP!



★ **WILSON WILDCATS** ★ *Pursuing Victory With Honor*



**INITIAL
ALL 3
SECTIONS**

**MOST
COMMONLY
MISSED!**



IMPORTANT FORMS

READ, COMPLETE, SIGN & DATE!



**BOTH
SIGNATURES
REQUIRED!**

COVID GUIDELINES FORM

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT INFORMED CONSENT FOR THE PARTICIPATION OF SPORTS IN RESPONSE TO "RETURN TO PLAY" GUIDELINES

By initialing and signing this Informed Consent Agreement, you acknowledge, accept, and agree to the following (Parent/Guardian and Student Athlete Must Initial and Sign)

Initial Here I understand that the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. HLPUSD follows all protocols and guidelines regarding athletics from the LA County Department of Public Health from their Reopening Protocol for Youth and Adult Recreational Sports Leagues. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. HLPUSD has put in place preventative measures to reduce the spread of COVID-19; however, HLPUSD cannot guarantee that you will not become infected with COVID-19. Further, participation could increase your risk of contracting COVID-19.

Initial Here I have read and understand the [California Department of Public Health Guidelines](#), dated February 19, 2021, and the [County Reopening Protocol for Youth and Adult Recreational Sports League](#) dated February 24, 2021, that go into effect February 26, 2021.

Initial Here I agree that I will comply with all established safety regulations and to practice safe social distancing when not engaged in athletic play and clean hygiene during my participation in athletics in HLPUSD.

! SIGN & DATE HERE

Signature of Student _____ Date _____
Signature of Parent / Guardian _____ Date _____

COVID PROTOCOL FORM

HACIENDA LA PUENTE UNIFIED SCHOOL DISTRICT COVID-19 Return to Play Protocol

Purpose: The participation in sports and activities has numerous health benefits including physical, mental, and social well-being of students. These protocols are created to ensure the safety of all participants, students and coaches while participating in sports or activities during the Coronavirus (COVID-19) pandemic.

School/ Athletic Director's Responsibilities

- Reinforce the adherence of standards set forth in this safety protocol and ensure access to personal protective equipment
- Communicate protocols to student-athletes/athletes, coaches
- Enforce all policies and parent/guardians are informed and comply with the protocols

Coaches' Responsibilities

- Participate in health screening upon arrival to campus
- Conduct health screening of student-athletes to campus
- Daily self-evaluation/screening to ensure student participation by (D and AP of Sports and Activities)
- Review and enforce training expectations and policies
- Communicate with parent/guardian and students about practice dates, times, and point of entry and exit on campus/at home

Student Responsibilities

- Understanding all designated areas only.
- Use of designated locations (locker rooms, lab, track, etc.) only
- Adherence to safety protocols established by the coach and school
- Practice in a safe and controlled area of practice and activities other than the designated wrestling area or bathrooms
- Student is not to interact with any other student or staff member other than the students and coach(es) in his/her athletic or sport area
- Hold seating accountable site area

Student Entry Procedures

- Complete daily Pre-health screening PRIOR to arriving onto campus
- Enter campus in through area designated by coach
- Apply mask and hand sanitizer upon arrival to practice
- Submit to coach/administrator temperature check
- Provide/use approved practice area wearing mask, and maintain social distancing while awaiting coach(es)

Student Exit Protocols

- Wear mask while in, on, or off campus
- Gather in pickup area at exit
- Dismiss individually at coach's direction
- Dismiss immediately

Additional Protocols

- Students bring their own keepsake labeled with their first and last name (Towels are highly suggested)
- All students will sanitize equipment between usage

Parent/Guardian Protocols

- Parent/Guardian will ensure that their student arrives and leaves at their designated time
- Parent/Guardian will maintain the threshold at all times while waiting for or dropping off their student
- Parent/Guardian acknowledges that they will not be allowed on campus and enter the facilities to watch practices
- Make sure students complete the pre-screening and does not bring the student to practice if they are sick
- Help ensure that students and coaches adhere to practices upon arrival to campus

By signing the documents, we acknowledge that we understand and agree to follow all of the protocols. Failure to follow the protocols outlined in this agreement or any possible removal from school-based or interscholastic activities or PE/fitness. Determination of removal will be decided by principal/athletic director.

! SIGN & DATE HERE

Parent/Guardian Signature _____ Date _____

! SIGN & DATE HERE

Student Signature _____ Date _____



FORMS MUST BE COMPLETED, SIGNED & DATED TO PARTICIPATE





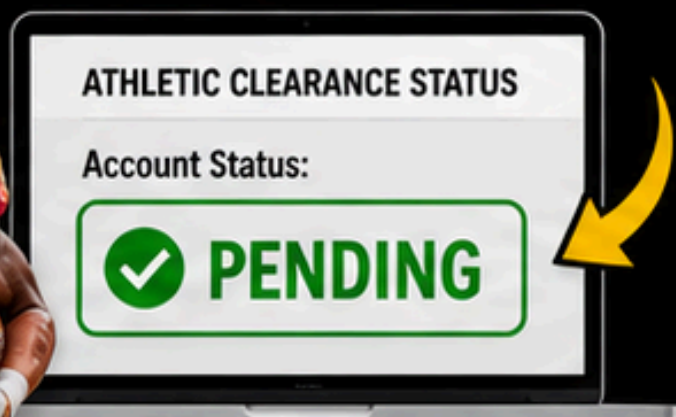
FINAL STEPS TO CLEARANCE



COMPLETE THESE STEPS TO GET CLEARED!

1

CHECK YOUR STATUS



Your account MUST say:

"PENDING"

✗ IF IT DOES NOT SAY PENDING, YOU ARE NOT READY TO BE CLEARED.

2

SEND EMAIL ONCE PENDING



EMAIL BOTH:



ELEXUS GONZALEZ
egonzalez@hlpusd.org



WILLIE ALLEN
wallen@hlpusd.org

SUBJECT LINE SUGGESTION:

"Athletic Clearance – [Student Name]"

3

WAIT FOR APPROVAL



CLEARANCE TAKES
5-7 BUSINESS DAYS



BE PATIENT WHILE
FORMS ARE REVIEWED

4

CONFIRMATION YOU'RE CLEARED!



YOU WILL RECEIVE AN
EMAIL CONFIRMATION
ONCE CLEARED.



**ONLY AFTER THIS EMAIL =
YOU ARE CLEARED TO PARTICIPATE**



NO CLEARANCE = NO PRACTICE / NO PARTICIPATION



GET CLEARED. GET READY. COMPETE.



NCAA ELIGIBILITY CENTER



START YOUR PATH TO COLLEGE ATHLETICS



WHAT IS THE NCAA CLEARINGHOUSE?

The NCAA Eligibility Center verifies that student-athletes meet academic and amateurism requirements to compete in college sports.



WHO SHOULD REGISTER?

- ✓ Any student interested in playing college athletics (Division I or II)
- ✓ Recommended starting 9th–11th grade
- ✓ Required before receiving official offers or competing in college

WHAT DOES IT TRACK?



ACADEMICS

- GPA in core courses
- Approved high school classes



AMATEUR STATUS

- Ensures you have not been paid to play
- Confirms eligibility to compete

HOW TO GET STARTED



1 Create account at eligibilitycenter.org



2 Complete student profile



3 Submit transcripts (through school)



4 Add test scores (if required)



IMPORTANT TIPS



Use a personal email (not school email)



Stay on top of your grades and classes



Talk with your coach & counselor early



MESSAGE FROM COACH LEWIS



“START EARLY, **STAY ELIGIBLE**, AND KEEP YOUR OPTIONS OPEN.”





SOCIAL MEDIA CHECKLIST



THINGS TO DO:



CREATE A **SPORTS-SPECIFIC** SOCIAL MEDIA PAGE FOR YOURSELF.
(Only follow coaches, school athletic programs, and teammates)



FOLLOW COACH LEWIS ON X:
@Coach_CLewis04



UPDATE ALL PLATFORMS WITH YOUR INFORMATION.
Make yourself **easy to find and contact**.



VISIT YOUR SCHOOL'S ATHLETICS PAGE AND
COMPLETE THE **RECRUITING QUESTIONNAIRE**.



BE CONSISTENT AND PERSISTENT!

PRO TIPS FOR ATHLETES



POST HIGHLIGHTS, WORKOUTS,
AND GAME CLIPS **REGULARLY**.



KEEP YOUR PROFILE **CLEAN**
AND **SCHOOL-APPROPRIATE**.



USE YOUR **REAL NAME** AND
GRADUATION YEAR IN YOUR BIO.



TAG YOUR SCHOOL AND COACHES
WHEN POSTING HIGHLIGHTS.

BUILD YOUR BRAND. REPRESENT YOUR SCHOOL. BE RECRUITMENT READY.



W I L S O N W I L D C A T S



P U R S U I N G V I C T O R Y W I T H H O N O R





PROFESSIONAL LEARNING COMMUNITIES (PLC's)



TOGETHER. ONE TEAM. ONE VISION.

PLC'S COMBINE THE VISION FROM OUR **ATHLETES, COACHES, PARENTS, AND FACILITIES WORKERS** TO WORK TOWARDS A **SHARED WILSON ATHLETICS VISION.**



ATHLETES

Your voice.
Your experience.
Your future.

We listen.
We value.
We build together.



COACHES

Your leadership.
Your strategy.
Your commitment.

We collaborate.
We grow.
We succeed.



PARENTS

Your support.
Your partnership.
Your perspective.

We communicate.
We connect.
We appreciate.



FACILITIES WORKERS

Your hard work.
Your dedication.
Your impact.
We respect.
We recognize.
We couldn't do it without you.

OUR GOAL



**ONE TEAM.
ONE VISION.
ONE WILSON.**

TOGETHER WE BUILD. TOGETHER WE WIN.

PRESENTED BY ASSISTANT PRINCIPAL DAVID PURCEY



THANK YOU WILSON WILDCATS!



WE'RE EXCITED FOR WHAT'S AHEAD

Your commitment to Wilson Athletics sets the standard for excellence both on and off the field.



NEXT STEPS



**COMPLETE YOUR
ATHLETIC CLEARANCE
(HOME CAMPUS)**



**ATTEND
SPORTS PHYSICALS
JUNE 3RD (1-3 PM)**



**STAY CONNECTED
WITH YOUR
COACHES & PROGRAMS**



**BE READY FOR
SUMMER WORKOUTS
AND TRAINING**



QUESTIONS?

**WE'RE HERE TO HELP —
PLEASE DON'T HESITATE TO REACH OUT.**

LET'S HAVE A GREAT YEAR!

PREPARE. COMPETE. REPRESENT WILSON WITH PRIDE.



WILSON WILDCATS



PURSuing VICTORY WITH HONOR

