



SM
**UNITY IS
STRENGTH**
SAN MATEO BEARCATS

*Welcome
Class of 2030*



Athletic Information Agenda

- Philosophy of the athletic program
- Programs
- Facilities
- Athletic Boosters How to get involved
- Athletic Trainer
- Season information
- Medical Clearance process
- Eligibility information
- Fall Coach contact
- Important dates
- Q&A



SAN MATEO HIGH SCHOOL ATHLETICS

San Mateo High believes athletics are an integral part of the educational experience. The mission of the San Mateo High School Athletic Department is to provide student-athletes a positive experience in our athletic programs while demonstrating integrity, teamwork, commitment and a championship effort.

The San Mateo Athletic Department seeks to field competitive teams that encourage student-athletes to exhibit a winning effort, good sportsmanship, and demonstrate respect for all.



FALL SPORTS

- Boys Water Polo
- Cross Country
- Football
- Girls Golf
- Girls Flag Football
- Girls Volleyball*
- Girls Tennis
- Girls Water Polo
- Sideline Cheer



WINTER SPORTS

- Boys Basketball*
- Boys Soccer*
- Girls Basketball
- Girls Soccer
- Sideline Cheer
- Wrestling



SPRING SPORTS

- Badminton
- Baseball
- Boys Golf
- Boys Swimming
- Boys Tennis
- Boys Volleyball
- Girls Swimming
- Softball
- Track & Field



Facilities



SMHS Athletic Boosters



Parent-led volunteer group

- **President:** Shari Countryman
- **Vice President:** Lisa Salles
- **Treasurer:** Joy Maxie
- **Secretary:** Tessa Walters
- **Concessions:** Oreett Lichaa
- **Family Pass Coordinator:** Kathleen Patel
- **Team Liaison:** open
- **Participation Coordinator:** Mike Morgenstern
- **Merch Coordinator:** Tony Giacomazzi
- **Sports Historian:** Rob Bertolina
- **Athletic Director:** Jeff Scheller
- **Principal:** Yvonne Shiu

We meet the 1st Thursday of every month (online & in-person)



• Members at Large

Ortal Sharlin, Lori Lu, Diana Brown, Alex Oddo, Michael Cormier, Glenn Okimura, Emily Brandt, Yvette Morales, Deb Kelly

Mission

We raise funds to support the entire SMHS Athletic Department, its teams, and coaches.



- **Bridge budget gaps** between the district athletic budget and needs of more than 550 student-athletes
- **Support:** 26 SMHS sports / 43 teams
- **Promote participation/competition** (confidence, self-esteem, sportsmanship, cooperation)



How We Raise Funds

Concession & Merch
Sales

The
Donor Wall

Participation
Donations

Business
Sponsorships

Special events



Get Your Paw on the Wall!



Donor Recognition Levels

- Bearcat Fan(atic)
- Bearcat Teammate
- Bearcat Coach
- Bearcat Champion
- Bearcat Legend



Inaugural Wall Deadline: September 1, 2026

- Individual paw or group plaque
- Corporate matching accepted

Examples of Funding Allocation

23 Asst. Coach Stipends & Coach Professional Development

- Volleyball
- Football
- Basketball
- Soccer
- Track
- Tennis
- Badminton
- Baseball
- Water Polo

Tournament Fees

- Volleyball
- Basketball
- Wrestling
- Track

Technology

- New website and app!
- Hudl
- [Athletic.net](https://athletic.net)
- XC Stats

Equipment

- Softball bags
- Endzone camera
- Baseball pitching machine
- Basketball shooting machine
- AED machine

Awards & Facilities

- Inflatable arch for Senior Night
- MVP Plaques
- Record boards
- Tuff shed
- Golf cart

Visit our Website, Download our App

Available here!

- How to donate / family passes
- Fundraising / special events
- Online merch shop
- Hall of Fame
- Contact info / how to volunteer

A screenshot of the website for San Mateo High School Athletic Boosters. The header is dark green with the text "San Mateo High School Athletic Boosters" in orange and white. Navigation links include "What We Do", "Donate", "Donor Wall Fundraiser", "Family Pass", "Shop", "Hall of Fame", "SMHS Athletics Site", and "Contact Us". The main content area has a white background with the heading "The Place for SMHS Bearcat Athletic Gear" and the subtext "Your purchase helps support our student-athletes!". Below this is a call to action: "Click image to shop. Multiple styles, colors, and sizes available in each category." Four product categories are shown with images: "Hoodies" (a black hoodie with an orange logo), "T-Shirts" (a dark blue t-shirt with a bear logo), "Hats" (a red baseball cap with a bear logo), and "Other Gear" (a blue baseball cap with a bear logo).

San Mateo High School
Athletic Boosters

What We Do Donate Donor Wall Fundraiser Family Pass Shop Hall of Fame SMHS Athletics Site Contact Us

The Place for SMHS Bearcat Athletic Gear

Your purchase helps support our student-athletes!

Click image to shop. Multiple styles, colors, and sizes available in each category.

Hoodies T-Shirts Hats Other Gear

Athletic Department Information

Yari Vasquez, MS, ATC

Athletic Trainer (2nd Year @ SMHS)



- Typical Hours: Monday - Friday 11am - 7pm (times will vary)
- At every home contest (school days)
- Hours & location identified on the athletic training room door G101 (Athletic Training Complex)
- Email: yvasquez@smuhsd.org
650-558-2326



Office Phone:

Athletic Training Services



- On-campus access for practices and competitions during the school year
- Preventative Care
- Emergency Care
- Clinical Evaluation
- Therapeutic Intervention & Treatment
- Rehabilitation of Injuries
- Return-To-Play Guidance
- Medical Referrals

Sports Medicine Affiliates



Stanford
Children's Health



University of California
San Francisco

ATs & Sports Medicine

Physicians

Referrals

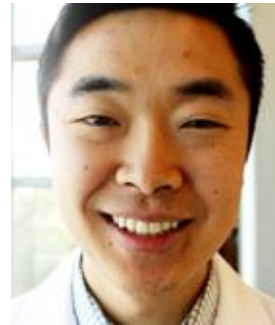
Burlingame; RWC/SF



Dr. Paul Abeyta

Orthopedic Surgeon and
Sports Medicine

PAMF: Sutter Health, Mills-
Peninsula; Burlingame



Dr. James Kang

Family & Sports Medicine

Kaiser, San Mateo &
Redwood City

Reminders



- Doctor Visits
 - If student-athlete sees MD, need note with clearance to play (and ideally diagnosis and restrictions)
- Concussions
 - **In total, there are 3 pieces of information required in the doctor notes for return to athletics:**
 - **1: concussion diagnosis,**
 - **2: clearance to progress through the return-to-play protocol, and**
 - **3: clearance to return to contact and game play.**
 - Return-to-Play (RTP): no sooner than 7 days after the physician made the concussion diagnosis

Athletics Overview

- Governing Bodies
- Academics
- Competition Level
- Medical Clearance*



Athletics Governing Bodies



San Mateo Union
High School District (SMUHSD)



Peninsula Athletic League
(PAL)



Central Coast Section
(CCS)



California Interscholastic
Federation (CIF)

BEING A STUDENT-ATHLETE

- Must maintain a 2.0 GPA
- Must pass 4 classes
- Cannot have more than 1 F on their progress report
- Grading Period is every 6 weeks
- **Incoming Freshman have “clean-slate” first 6 weeks**
- Having 6 classes for an athlete is recommended to limit missed class time.



COMPETITION LEVEL

FRESHMAN TEAM GOALS*:

- Introduce athletes and their families to H.S. Athletics
- Learn the correlation between academic achievement and athletic eligibility
- Provide as many students as possible the opportunity to play sports
- Development of J.V. and Varsity players
- Encourage students to try other sports



COMPETITION LEVEL

JUNIOR VARSITY TEAM GOALS:

- Elevated academic achievement
- To be prepared to contribute at the Varsity level
- To aid in the process of introducing Bearcat athletics to incoming freshmen
- To build a winning tradition



COMPETITION LEVEL CONT....

VARSITY TEAM GOALS:

- Elevated academic achievement
- To set an example for aspiring varsity players and the entire student body
- To field a team who is committed to year round training
- Continued encouragement to be multiple sport athletes
- To provide a realistic evaluation and opportunity to continue athletics beyond high school
- To qualify for Peninsula Athletic League Division competition
- Strive for Central Coast Section playoffs
- To continue to build a winning tradition as an athletic program



ATHLETIC CLEARANCE

- Create account on SportsNet using student's ID#
- Complete Athletic Packet online (May 1, 2026- **Make sure to select 2026-2027 Year**)
- Health Aide: Shana Scatena
 - Email: sscatena@smuhsd.org
 - Location: SMHS Health Office A116
 - Health Office Phone: 650-558-2322



CIE rules on Physicals

- Required once a year*
- Must include: Date of Exam, Physician Signature & Stamp on Medical Examiner's Statement/physical form
- MUST BE SUBMITTED PRIOR TO TRYOUTS (or if participating in summer sessions, prior to summer)

This form is due by the first day of school.

SAN MATEO UNION HIGH SCHOOL DISTRICT
MEDICAL EXAMINER'S STATEMENT ON HEALTH AND ACTIVITY STATUS

Student's Name _____ Date of Birth _____
 School Last _____ First _____ Middle _____
 Grade (Circle) 9 10 11 12

DATE OF EXAMINATION: _____ **IMMUNIZATIONS** (Give month and year)

NOTE: Date of examination indicates beginning of 12-month eligibility for competitive athletics.

HT _____ WT _____ Blood Pressure _____
 Visual acuity: without correction R _____ L _____
 with correction R _____ L _____
 Hearing loss: No _____ Yes _____

Polio	DTP/DTaP	M/M/R	Td	Tdap	Hep B	Hep A	Varicella	MMV

(If there is a hearing loss, please complete audiogram.)
 R _____ L _____
 5000 4000 3000 2000 1000 500

Date of last TB test _____
 Result of test _____
 History of BCG? _____
 Follow-up indicated _____
 Date and result of chest x-ray _____

COMMENTS: _____

Please answer the following questions:

- Is there a defect of vision, hearing, or speech for which the school should compensate by proper seating or other actions? Yes No
If yes, please specify recommendations: _____
- Are there previous operations, injuries, or illnesses of which the school should be aware? Yes No
If yes, please specify: _____
- Is there a physical defect which limits participation in: Classroom activities? Yes No
Physical Education? Yes No
Competitive athletics? Yes No
If yes, please specify limitation and recommendation for alternative activity: _____
- Is this student subject to a condition which may result in a classroom emergency (Epilepsy, fainting, diabetes, severe asthma, allergy, hypersensitivity to bee or other insect venom)? Yes No
If yes, please specify: _____
- Is there an emotional/mental or physical condition for which this student should remain under periodic medical observation? Yes No
If yes, please specify: _____
- Is this student currently (or routinely) on medication? Yes No
If yes, name of medication and dosage: _____

7. Please complete the Authorization for Medication(s) During School Hours (on reverse side) for ANY medication the student may require during the school day.

Not Valid Unless Signed, Stamped & Dated

Signature of Physician or Health Care Provider _____ Name: _____
 PLEASE STAMP/AFFIX NAME, ADDRESS, AND CONTACT INFORMATION OF PHYSICIAN/HEALTH CARE PROVIDER Address: _____
 Phone: _____

Form 147-E Rev. 4/22 AH OVER



Clearance Process-SportsNet



DISTRICT | SCHOOLS +



**SAN MATEO
HIGH SCHOOL**

Once a Bearcat, Always a Bearcat!

Quick Links - [SMUHS Board Meetings](#) [School Year Calendar](#)

ENROLLMENT



[Our School](#)

[Students](#)

[Families](#)

[Academics](#)

[Programs](#)

[Counseling](#)

[Athletics](#)

[Calendar](#)

Fall 2024 Career Exploration Series: Prepare Yourself for a Successful Future

The San Mateo High School College and Career Center invites you to attend the Fall 2024 Career Exploration Series on either Wednesday 2/11





THE OFFICIAL SITE OF
SAN MATEO HIGH SCHOOL ATHLETICS



[ABOUT](#) [SPORTS](#) [NEWS](#) [TICKETS](#) [BROADCAST](#) [STUDENTS/PARENTS](#) [HALL OF FAME](#) [SHOP](#) [MORE -](#)





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[ATHLETIC CLEARANCE](#)

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[Athletic Clearance](#)

[Coach Clearance Requirements](#)

[Concussion Protocol](#)

[Contact Athletic Directors and Athletic Trainers](#)

[Student Accident Report](#)

[10th Grade PE Study Hall Program](#)

[Cardio Health](#)

Business and Operations +

Capital Facilities +

Communications

Curriculum and Assessment +

Fiscal Services

Human Resources +

Maintenance and +

Requirements for Participation in SMUHSD Athletics

[Spanish](#)

All Athletic Packets from the 2023-2024 school year expired on May 30, 2024!

Parents/guardians can complete the Athletic Packet for all 2024-2025 sports seasons (summer 2024, fall, winter, spring) by going to your school's SportsNet site listed below.

First-time users will need to create an account (you must have your student's Identification Number to create an account; incoming students will receive their Student Identification Numbers from the District Office in their Data Confirmation Letter). Returning users should enter their previously selected username (email) and password to log-in. Each student can only have one account. After the packet is completed and submitted, a confirmation email will be sent from SportsNet.

- [Aragon High School Sportsnet](#)
- [Burlingame High School Sportsnet](#)
- [Capuchino High School Sportsnet](#)
- [Hillsdale High School Sportsnet](#)
- [Mills High School Sportsnet](#)
- [San Mateo High School Sportsnet](#)

1. Parent/guardian must complete online athletic clearance forms on SportsNet.

Sportsnet Websites by School

[Aragon](#)

[Burlingame](#)

[Capuchino](#)

[Hillsdale](#)

[Mills](#)

[San Mateo](#)

 **Sportsnet Instructions for First Time Users**

 **Physical Form 147 E**

[Clearance Forms in PDF](#)

San Mateo High School



CREATE AN ACCOUNT

Important: You must be a PARENT/GUARDIAN, not a student, to create an account on this system.

Please carefully read our [Terms and Conditions](#) and [Privacy Policy](#) prior to creating an account.

Your password must contain:

- a minimum of 8 characters
- at least one uppercase letter (A-Z)
- at least one lowercase letter (a-z)
- at least one digit (0-9)

Your Legal Name

Your First Name*

Your Last Name*

Username

Email Address*

WHEN DO WE START?

Summer Sessions Start date typically is the first week of June or when student graduates middle school(optional):

- Football-Monday-Friday 5-7:30pm(Football Field)
- Flag Football- Tues/Wed/Thurs 6-7:30(Football Field)
- Boys Basketball-Wed-Fri 1:00pm-4:00pm(ATC)
- Girls Basketball- Mon-Thurs 4:00pm-6:00pm(ATC)
- Girl's Volleyball- Tues/Thurs/Fri 11am-1:00pm(Small Gym & ATC)
- Boys Water Polo Tues/Thurs 4:30-6:00pm(SMHS Pool)
- *Times subject to change



TRYOUT DATES-Fall

- Cross Country-First week of school
- Football- August 4th(**Summer practices**)*
- Golf-First week of school
- Tennis-First week of school
- Boys Water Polo-August 7th(Summer activities)
- Girls Water Polo- First week of school
- Volleyball- August 7th(Summer activities)



FALL COACHES

Football- Jeff Scheller - jscheller@smuhsd.org

Flag Football- David Williams- williamsd62@gmail.com

Golf- Joe Dito- coachjoe@deetoe.com

Boys' Water Polo-Tom Liebl- tliebl@gmail.com

Girls' Water polo- Kathy Parodi kparodi@smuhsd.org

Girls' Tennis- Charlene Wo- tenniscoachhs@gmail.com

Volleyball- Lucky Makropoulos hello@coachlucky.com

Cross Country- Tracey Freyre tfreyre@smuhsd.org



TRYOUT DATES-Winter

Typically, Winter tryout dates will be announced during the school day. Winter Sports can start November

Basketball (Summer activities, Fall open gym/conditioning)

Soccer

Wrestling



TRYOUT DATES-Spring

Typically, Spring tryout dates will be announced during the school day. Spring Sports can start January

Badminton

Swimming

Baseball

Boys Volleyball

Boys Golf

Track & Field

Boys Tennis

Softball



Practice Expectations

In season, mandatory practices. Typically 5 days a week including contests. Some sports 6 days a week.

*Additional school bus to Foster City leaves at 6:30pm daily.

Off season, optional practices and training to improve and build skills.
Not all sports offer.



...Potential Topics?

- Are there “no-cut” teams?

We tend not to use that term, however, there are some teams that tend to take all that tryout. Cross Country, Football(safety), & Track. There are some teams that limit their rosters due for various reasons.

- Which teams have freshman teams?

Boys basketball, Girls Volleyball,.....always looking for more. Depends on tryouts

- What is the time commitment?

Everyday, all after school 5 days a week, some sports 6 days a week.



...Potential Topics?

- Can you play outside sports (club, academy)?

Same sport in season? No. Against CCS Rules. Out of season? Yes. Same season different sport? Yes

- What are the consequences for missing practices because of other sports or school?

It's essential that student-athletes commit to the high school practices, games and the team. The athletic department supports each individual coach's rules. The athletic department does not support missing high school practice/contest to go to a club event.



...Potential Topics?

- Can you play two sports in one season at San Mateo?
 - ***No. The Peninsula Athletic League does not allow playing two sports in one season.***



To Do List:

Sign up here: Incoming Freshman Sign up Form

Medical Clearance Forms: [San Mateo SportsNet](#)

Schedule Physical with Doctor. If you can't get an in-person physicals, schedule a virtual meeting and get an extension.

There are walk in clinics(Carbon Health- Hillsdale Mall)

Communicate with coaches about Summer practices(if applicable).

Get ready to join the Bearcat Family!!!



Summer Practices(June 8th- July 24th)

Not mandatory, but highly recommended if no other conflicts. Skill development, team bonding, getting to know the school before it starts.

Summer Practices can start June 8th or after middle school promotion, whichever comes last.

Practice schedule(Subject to change)

Football- Monday-Friday 5pm-7:30pm

Flag Football- Tues/Wed/Thurs 6:00-7:30pm

Volleyball Tuesday/Thursday 11am-1pm

Girls Basketball Monday-Thursday 4pm-6:00pm

Boys Basketball Wednesday-Friday 1pm-4:00pm

Boys Water Polo- Tues/Thurs 4:30-6pm



FALL COACHES/SUMMER PRACTICE

- ❑ Football- Jeff Scheller jscheller@smuhsd.org
- ❑ Flag Football- David Williams- williamsd62@gmail.com
- ❑ Golf- Joe Dito- coachjoe@deetoe.com
- ❑ Boys' Water Polo- Tom Leibl tliebl@gmail.com
- ❑ Girls' Water polo- Kathy Parodi kparodi@smuhsd.org
- ❑ Girls' Tennis- Charlene Wing Wo tenniscoachhs@gmail.com
- ❑ Volleyball- Lucky Makropoulos hello@coachlucky.com
- ❑ Cross Country- Tracey Freyre tfreyre@smuhsd.org
- ❑ Boys Basketball- Darick DeLeon CoachDarick@gmail.com
- ❑ Girls Basketball Paul Carion- pcref@aol.com



Questions?



Additional Information & Questions

<https://sanmateoathletics.org/>

Instagram: @sanmateoathletics

Twitter: @SanMateoHi

Email the Athletic Director

Jeff Scheller

jscheller@smuhsd.org

