



SAUGUS HIGH SCHOOL



2023-2024 ATHLETICS PACKET

Make sure to visit **www.SaugusCenturions.com/Athletics**
for more information and links to registration sites



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A Message from the Athletic Directors

At Saugus High School, athletics are an integral part of the high school experience. High school athletics have the ability to unify campus and community, as student-athletes take to the field, court, track, and pool in pursuit of athletic excellence. The athletics program at Saugus High School would not be able to operate without the hard work of our coaches, athletic trainers, teachers, administration, custodial and grounds crew, office staff, and ASB. Most importantly, our school's success begins with supportive families at home.

Since Saugus High School opened in 1975, our sports teams have combined to win over 115 League Championships, 25 CIF Championships, and 10 State Championships. There have also been numerous CIF and State Individual Champions in swim, track and field, and cross country.

Centurion athletic programs compete in the Foothill League, which is comprised of Hart High School, Canyon High School, Valencia High School, West Ranch High School, Golden Valley High School, and Castaic High School. All of our teams compete within the CIF-Southern Section, which has 558 member schools. For each sport's playoffs, the Southern Section is separated into divisions based upon factors such as enrollment, league, geographic location, and previous year's performance.

The Saugus community has an extremely high standard with regard to sportsmanship and conduct. We expect that both our coaching staff and student athletes uphold these standards at all times. We also expect that spectators at our games exhibit the same behavior towards our coaches, students, and sporting officials.

We highly encourage prospective and current students to take advantage of the excellent sports teams that are offered at Saugus High School.

For more information about our athletic programs, tryouts, and other opportunities, please stop by the Athletic Director's Office to speak with a member of our staff.

Thank you, and Go Centurions!

George Lopata

Athletic Director

glopata@hartdistrict.org

661-297-3900 ext. 3055

Fax: 661-296-4687

David Russell

Athletic Director

drussell@hartdistrict.org

661-297-3900 ext. 3045

Fax: 661-296-4687

Football	Softball
Cross Country	Boys & Girls Golf
Boys & Girls Basketball	Boys Volleyball
Boys & Girls Tennis	Cheer

Girls Volleyball	Swim & Dive
Boys & Girls Soccer	Baseball
Boys & Girls Lacrosse	Track & Field
	Cheer

Steps to Complete

ATHLETIC CLEARANCE

2023-2024 School Year

Complete these steps in the correct order or your Athletic Clearance will be delayed!

Step 1: Register on AthleticClearance.com

- Go to www.AthleticClearance.com
- Navigate to Saugus High School (CA) and register for the 2023-2024 school year
- Finish all pages or your registration will be incomplete
- Registration Opens May 2, 2023

Step 2: Turn In Your Athletic Physical

- Attend Saugus High School's Athletic Physical Day -OR-
- Complete a sports physical examination with a doctor (M.D) using the district-approved forms (attached)
- Drop off your physical forms in the Saugus High front office and take a picture for your records--just in case!

Please Note: Athletic Clearance has to be completed EVERY YEAR in order to be eligible to participate in Saugus Athletic Programs

2023 Saugus High School Summer Sports Camps

COURSE #	SPORT	DAYS	DATES	TIME	LOCATION	COACH	Cost
SHS1	BOYS BASKETBALL	M-F	June 19-July 14	Varsity 3pm-5pm Frosh, JV 5pm-7pm	SAUGUS GYM	MANZANO	\$130
SHS2	GIRLS BASKETBALL	M-F	June 19-July 14	12pm-2pm	SAUGUS GYM	FALASCA	\$125
SHS3	BASEBALL	M-F	June 19-July 8	9am-12pm	SAUGUS	GRISSOM	\$105
SHS4	FOOTBALL (VARSITY/JV)	M-F	June 19 - Aug 6	Wtrm 3-5pm, Field 4-8:00pm	SAUGUS	BORN	\$145
SHS5	FOOTBALL (FROSH)	M-F	June 19 - Aug 7	Wtrm 3-5pm, Field 4-8:00pm	SAUGUS	BORN	\$145
SHS7	GIRLS SOCCER	M-F	July 10-July 28	7am-9am	SAUGUS	ENGLISH	\$115
SHS9	BOYS SOCCER	M-F	June 19 - July 7	8am-10am	SAUGUS	GROLLER	\$115
SHS10	GIRLS SOFTBALL	M-Th	June 19-July 6	9am-11am	SAUGUS	PONCE/CLARK	\$110
SHS11	GIRLS VOLLEYBALL (VARSITY)*	M-F	July 10-Aug 4	8am-10 am	SAUGUS GYM	AMBROSE	\$130
SHS25	GIRLS VOLLEYBALL(JV)*	M-F	June 19-June 30	8am-10am	SAUGUS GYM	AMBROSE	\$105
SHS12	GIRLS VOLLEYBALL (FROSH)*	M-F	June 19-June 30	10am-12am	SAUGUS GYM	AMBROSE	\$105
SHS13	BOYS VOLLEYBALL	M-F	July 3-July 14	10am-12pm	SAUGUS GYM	REINER	\$105
SHS14	TENNIS(New/Freshman)**	M-F	July 10-21	7:30am-9:00am	SAUGUS	SINDLE	\$105
SHS15	TENNIS(Advance/Returner)**	M-F	July 10-21	9:00am-11:00am	SAUGUS	SINDLE	\$105
SHS16	BOYS AND GIRLS GOLF****	M-Th	June 19-29	7-9 am	Vista Valencia	MINER	\$105
SHS17	CROSS COUNTRY	M-F	June 19 - Aug 6	6:30am-8:30am	SAUGUS	BERNS	\$145
SHS18	TRACK AND FIELD	M-Th	June 19 - July 8	7:30am-9:30am	SAUGUS	STANDLEY	\$115
SHS19	SWIM***	M-F	June 20- June 30	10:00-11:00 am	SCV Aquatic Center	KLIPFEL/BOTTON	\$125
SHS20	BOYS LACROSSE	M-F	July 25-Aug 4	5:30-7:00 pm	SAUGUS	BARBOSA	\$105
SHS21	GIRLS LACROSSE	M-F	June 19 - July 1	5:30-6:30 Grass Field	SAUGUS	OLSON	\$105
SHS23	CHEER	Cheerleading tryouts are required prior to registration. Please contact Ricardo De La Pena for more info: rdelapena@hartdistrict.org				OLSON	TBD
SHS24	DANCE	Dance tryouts are required prior to registration. Please contact Stacy Hartmann for more info: shartmann@hartdistrict.org				OLSON	TBD

*Girls Volleyball Frosh/JV Tryouts: July 5th

**Contact coach Sindle for Time Slot + Tryouts at end of camp

***\$105 program + \$20 pool rental fee

****Players pay for range balls and 2 rounds of golf

Registration opens on May 2, 2023. Cost includes registration fee of \$5.00

Only register for the camp(s) that you are certain you will attend. **NO REFUNDS WILL BE ISSUED WITHOUT A M.D. NOTE.**

To register for camp visit www.SaugusCenturions.com/Athletics

Registration Ends on June 9, 2023. A late registration fee of \$25 will be added to any enrollments after 6/9/23.



ATHLETICS

Saugus High School Head Coaches Directory

SPORT	COACH	EMAIL
Baseball	Carl Grissom	cgrissom@hartsdistrict.org
Boys Basketball	Alfredo Manzano	amanzano@hartsdistrict.org
Girls Basketball	Anthony Falasca	afalasca@hartsdistrict.org
Cheer	TBD	rdelapena@hartsdistrict.org
Cross Country	Kevin Berns	kberns@hartsdistrict.org
Cross Country	Rene Paragas	rparagas@hartsdistrict.org
Football	Jason Bornn	jbornn@hartsdistrict.org
Boys/Girls Golf	Kevin Miner	kminer@hartsdistrict.org
Boys Lacrosse	Slade Barbosa	sbarbosa@hartsdistrict.org
Girls Lacrosse	Ryan Olsen	rolsen@hartsdistrict.org
Boys/ Girls Tennis	Bailey Sindle	bsindle@hartsdistrict.org
Boys Soccer	Seth Groller	sgroller@hartsdistrict.org
Girls Soccer	Kai English	kenglish@hartsdistrict.org
Softball	Amanda Clark	aclark@hartsdistrict.org
Swim & Dive	Krista Botton	kbotton@hartsdistrict.org
Swim & Dive	Jim Klipfel	jklipfel@hartsdistrict.org
Track and Field	Christian Standley	cstandley@hartsdistrict.org
Track and Field	Kevin Berns	kberns@hartsdistrict.org
Girls Volleyball	Zach Ambrose	zambrose@hartsdistrict.org
Boys Volleyball	Kaitlyn Reiner	kreiner@hartsdistrict.org

Ricardo De La Peña
Assistant Principal
rdelapena@hartsdistrict.org

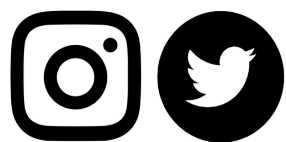
George Lopata
Athletic Director
glopata@hartsdistrict.org

Dave Russell
Athletic Director
drussell@hartsdistrict.org

Molly Herrera
Athletic Trainer
mherrera@hartsdistrict.org

8th Grade Students: Per CIF-SS Bylaws, please refrain from contacting coaches before May 2, 2023

STAY UP TO DATE WITH SAUGUS SPORTS



FOR LATEST SPORTS NEWS, FOLLOW US
@SAUGUS_SPORTS

INSTAGRAM ACCOUNTS FOR SAUGUS PROGRAMS:

BASEBALL: @SAUGUSBASEBALL

BOYS BASKETBALL: @SAUGUSHOOPS

GIRLS BASKETBALL: @SAUGUSGIRLSHOOPS

CHEERLEADING: @SAUGUSCHEER | @SAUGUSCHEERLEADING

CROSS COUNTRY: @SAUGUSCROSSCOUNTRY

FOOTBALL: @SAUGUSSTRONGFOOTBALL

BOYS & GIRLS GOLF: @SHSCENTURIONGOLF

BOYS LACROSSE: @SAUGUS_LACROSSE

GIRLS LACROSSE: @SAUGUSGIRLSLAX

BOYS SOCCER: @SAUGUS_BOYS_SOCCER

GIRLS SOCCER: @SAUGUSGIRLSSOCCER

SOFTBALL: @SAUGUSSOFTBALL

SWIM & DIVE: @SAUGUS_SWIM

TRACK: @SAUGUSTRACK

BOYS & GIRLS TENNIS: @SAUGUS.HS.TENNIS

GIRLS VOLLEYBALL: @SAUGUSGIRLSVOLLEYBALL

BOYS VOLLEYBALL: @SAUGUS_VOLLEYBALL

MEET YOUR ATHLETIC TRAINER

MOLLY HERRERA



Molly was born and raised in the SCV. She attended Valencia High School where she played basketball all four years. After graduation, Molly went to College of the Canyons and was later accepted into the Athletic Training Education Program at California State University Northridge. During her two years at CSUN she worked clinical rotations at Pepperdine University, West LA Community College, Notre Dame High School, and finally at CSUN with their Club Sports program. Molly is passionate about concussion education and hopes to help educate the community about concussions and concussion management. We are incredibly fortunate to have Molly as our Athletic Trainer at Saugus High School, working hand in hand with our student-athletes and coaches.

For more information on...

- Concussion Protocols
- Parental Concerns
- Injury Management
- Training Room Rules and Regulations

Visit the Saugus Athletics Website and click on
"The Athletic Training Room"

A community outreach benefit provided by:



SAUGUS HIGH SCHOOL'S

ATHLETIC PHYSICAL DAY

ONLY
\$25

ALL PROCEEDS GO DIRECTLY TOWARDS
SUPPORTING SAUGUS HIGH SCHOOL'S
SPORTS MEDICINE PROGRAM AND IS
THE ONLY FUNDRAISER FOR THE PROGRAM.

DATE: END OF MAY

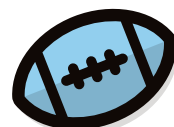
TIME: TBD

LOCATION: SAUGUS HIGH

Physical Exams are only \$25!

Stop by the ASB Office to pay and
take your receipt to the Athletic
Training Room, next to the outdoor
basketball courts, for your exam. **Cash
or Apply Pay ONLY** - No checks
accepted.

Please park in the student parking lot
and check in at the gate between the
D building and Forum. The ASB office
will be on your right as you walk
towards the quad.



WHICH DAY SHOULD YOU ATTEND?

DAY 1: RETURNING FALL & WINTER SPORTS & INCOMING FRESHMAN

- **INCOMING FRESHMAN**
- **CROSS COUNTRY**
- **GIRLS VOLLEYBALL**
- **GIRLS GOLF**
- **BOYS/GIRLS BASKETBALL**
- **GIRLS TENNIS**
- **BOYS/GIRLS SOCCER**
- **CHEER**

DAY 2: RETURNING SPRING SPORTS

- **FOOTBALL (VARSITY & JV)**
- **BASEBALL**
- **SOFTBALL**
- **BOYS GOLF**
- **BOYS/GIRLS LACROSSE**
- **BOYS VOLLEYBALL**
- **SWIM & DIVE**
- **TRACK & FIELD**
- **BOYS TENNIS**

William S. Hart Union High School District

CERTIFICATE OF PHYSICAL EXAMINATION

Name _____ DOB _____ / _____ / _____

Height _____ Weight _____ Pulse _____ BP _____ / _____

Please place a "✓" as either Normal or Abnormal for all findings below. Please describe in detail all abnormal findings.

	Normal	Abnormal	Comments
Heart			
Pulses			
Lungs			
Neck			
Back			
Shoulder/Arm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle/Foot			
Other pertinent medical findings			

Additional comments: _____

List any restrictions and duration: _____

I hereby certify that _____ was examined by me on _____ 20 _____

and found him/her to be physically fit to engage in athletics.

Physician's Signature _____ Date _____

Stamp name or attach card of medical office here:

William S. Hart Union High School District

MEDICAL HISTORY TO BE COMPLETED BY PARENT/GUARDIAN BEFORE PHYSICAL EXAM

Name of Student-Athlete _____ Sex _____ Age _____ DOB _____

Graduation Year _____ School _____ Sport(s) _____

Year that student will graduate high
school (ex. "2023")

Check **Yes** or **No** (If "Yes" explain)

1. Has the student-athlete had a medical illness or injury since his/her last check up or sport physical? Y ☐ N ☐

Date of Incident: _____

Type of Illness or Injury: _____

2. Is the student-athlete currently taking any prescription or nonprescription (over-the-counter) medication or using an inhaler? Y ☐ N ☐

Type of Medication: _____

3. Does the student-athlete have any allergies (for example, pollen, medicine, food, or stinging insects)? Y ☐ N ☐

Type of Allergy: _____

4. Has the student-athlete ever had a seizure? Y ☐ N ☐

Date of Incident(s): _____

5. Has the student-athlete ever become ill from exercising in the heat? Y ☐ N ☐

Date of Last Incident: _____

6. Is there any pertinent medical information coaches or physicians should know about the athlete? Y ☐ N ☐

Explain: _____

7. Does the student-athlete wear glasses, contacts, or dental braces? Y ☐ N ☐

Explain: _____

8. Has the student-athlete ever been diagnosed with a concussion? Y ☐ N ☐

Date of Incident(s): _____

Please indicate the longest amount of time the student-athlete has missed activity due to a concussion: _____

Parent/Guardian Signature _____

Date _____