# UNITED CHRISTIAN ATHLETICS



#### FROM THE DESK of Nathan Kok

Welcome to UC Academy athletics! I am so excited to be a part of this growing, dynamic, and loving community. Christian education and athletics are two of my passions, and I've held the roles of Athletic Director, HS AP teacher, basketball and baseball coach, and Physical Education Coordinator throughout my 17 years of working in Christian education. Athletics has played a huge developmental role in my life, and I'm excited to walk alongside our coaches, athletes, and families as we look to grow and develop UC Academy athletics.

At UC Academy we believe athletics plays a vital role in developing the whole person, preparing, and training our students to impact their world for Christ. We recognize the benefits of a healthy active lifestyle, the character traits and life lessons that come from athletic competition, the important relationships built between coaches and student athletes, and the tight knit community that athletics can help cultivate within our school.

At UC Academy we seek to provide as many opportunities for students to participate and succeed in athletics as possible throughout their school years. Our coaches are dedicated people who are passionate and gifted both in their specific sport as well as their commitment to growing and developing young people. The development of Christian character and learning how to compete from a Christian perspective are staples of our program and values that students will take with them throughout their lives.

At UC Academy our administration, coaches, athletes, and parents all play a vital role in helping our athletics program succeed. One sign of a healthy athletics program is how involved and supportive the greater school community is. When we work together towards a common athletic goal of growth, joy, and healthy competition at all levels, then we truly do become, United.

I look forward to meeting each of you and hearing your stories of what brought your family to UCA. I am also an avid sports fan, so whether it's talking over coffee about the latest UCA victory or chatting at a home game about why the Dodgers can't win the 'big one', I'm looking forward to connecting with you. Please feel free to contact me with any questions regarding athletics at UCA.

In Christ.

Nathan Kok Athletic Director UC Academy nkok@UCAcademy.org



#### TRYOUTS CHECKLIST & WHAT TO EXPECT

Tryouts can be a stressful time, particularly when you don't know what to expect.

Please review the checklist below.

#### BEFORE SHOWING UP TO TRYOUT/PRACTICE:

- 1) You must be enrolled at United Christian Academy.
- 2) There is no cost to tryout, but once your student makes the team your account will be billed upon being placed on a roster and payment can be expected to be paid within 14 days. *Refer to the Athletic Fee Schedule*.
- 3) Register online <a href="www.AthleticClearance.com">www.AthleticClearance.com</a>. Please allow 24 business hours to receive a clearance confirmation email. The entire registration process must be completed before clearance is granted to your student. Every student must register each calendar school year, beginning August 1st for the school year.

#### Tips & Tricks for a successful registration:

- a) Use emails that <u>everyone</u> checks daily, for parent(s), guardian(s) and student when registering your student. Coach will make contact through this source. *Hint:* use school email for your student.
- b) All signatures from parent/guardian and student must be completed for online documents.
- c) Insurance information filled in and proof provided (photo of card is REQUIRED)
- d) Physical Evaluation Form filled out by a licensed medical doctor. Feel free to download a blank physical evaluation form here: <a href="https://www.ucacademy.org/wp-content/uploads/2020/07/Physical\_Froms.pdf">https://www.ucacademy.org/wp-content/uploads/2020/07/Physical\_Froms.pdf</a> *NOTE: Physicals expire after 1 calendar year.*
- e) Upload physical evaluation form to <a href="www.AthleticClearance.com">www.AthleticClearance.com</a>. Should you need assistant please email the document to Susan Mahony at <a href="smahony@UCAcademy.org">smahony@UCAcademy.org</a>.

#### **TRYOUTS vs. PRACTICE:**

- 1) Tryouts are different from practice. Your student could be in tryouts for up to 5 days depending on the popularity of the chosen sport. Lasting approximately 1 ½ 2 hours per day.
- 2) Typically begins after school (student can change into dress code appropriate P.E./workout clothing in the locker room located in the Gym)
- 3) At the end of tryouts, coach will notify your student whether he/she made the team by email(s) you gave in the registration on <a href="www.AthleticClearance.com">www.AthleticClearance.com</a>. The email will be from our coaching software, Home Campus. (Refer to vocabulary key below)

# CONGRATULATIONS! Your student made the team! Now what?

Upon acceptance to the team, you and your student can expect:

- 1) Coach will contact parent(s), guardian(s), and student via email with important information.
- 2) You will receive an invoice for sport fee. Finance will bill your FACTS account and payment will be automatically deducted.
- 1) Meet your student's coach online, at the very least. (Refer to Coach Contact List)
  - a) Please go to <a href="www.UCAcademy.org">www.UCAcademy.org</a> > Athletics > Teams, find your coach, add their contact information to your mobile device.
- 2) Download the "iCalendar" to your mobile device. Start with your mobile device, go to <a href="www.UCAcademy.org">www.UCAcademy.org</a> Athletics > Athletic Calendar (a real-time calendar you can adjust to your athlete's sport) > scroll to the bottom of the page and click "Mobile Calendar" > choose Event Type: Sport: Level: > click "create iCal"

#### **Vocabulary Key**

- www.AthleticClearance.com A virtual website to register your student prior to tryouts. Registration is required each school year beginning in July.
- **Home Campus** Athletic software system for coach to communicate between athletic director, parents, athletes, opponents, and CIF.
- **Physical Evaluation** A form the doctor completes his exam on to clear the student to participate in a sport. Exam expires one calendar year from date of exam.
- **Proof of Insurance** a picture of the insurance card required to upload in <a href="www.AthleticClearance.com">www.AthleticClearance.com</a> at the time of registration.
- **Denied** Issued by athletic department through Home Campus
- Cleared Issued by athletic department through Home Campus
- **iCal** an automatic calendar for your mobile device. Go to <u>www.UCAcademy.org</u> > Athletics > Athletics Calendar scroll to the bottom of the page, click "mobile calendar" to download to your device calendar.
- **Spirit Pack** Items your coach will request to make your athletes season more successful. Visit our oncampus store, The Eagles Bookstore or go online to <a href="https://www.UCASpiritWear.org">www.UCASpiritWear.org</a>
- **Jersey/Uniforms:** Issued attire, must return at the end of the season.



#### **Athletic Sport Fee Schedule**

Each individual sport may have additional costs: Spirit pack, personal equipment, yearly physical evaluation. Please contact coach for additional costs. *Refer to "Coach Contact List"* 

#### Junior High Sports - \$150.00 per sport

Baseball

Basketball

Cheer

**Cross Country** 

Flag Football

Soccer

Softball

Volleyball

#### High School Sports - \$200.00 per season

Baseball

Basketball

Cheer

**Cross Country** 

Football

Soccer

Softball

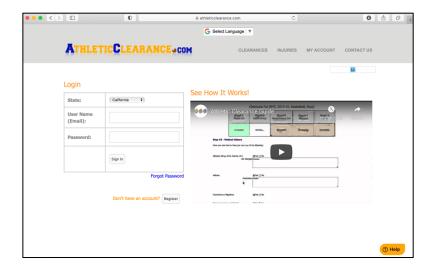
Track & Field

Volleyball

<sup>\*\*</sup>Should you have any questions about billing your FACTS account for the above sport fees please contact Cynthia Nielsen at <a href="mailto:cnielsen@UCAcademy.org">cnielsen@UCAcademy.org</a>.



Go to <a href="https://athleticclearance.com/login.php">https://athleticclearance.com/login.php</a> and register for an account.



- Enter all information.
- Upload your documents or email them to Susan Mahony at <a href="mailto:smahony@UCAcademy.org">smahony@UCAcademy.org</a> she will be happy to assist you in the process of uploading the documents.
- Completed Physical Evaluation Form
- Proof of Insurance (picture of insurance card)
- Students and parents need to sign documents (Athletic Handbook, Code of Ethics, etc.).
- Once everything is competed your student will be cleared for the upcoming sports seasons.

## **High School Coach Contact Information**

	Varsity Football	Coach Xavier Forte Xavier.forte81@gmail.com	
High School	Varsity Cross Country	Coach Kali Sipes <u>kali.simone@hotmail.com</u>	
Fall Sports	Varsity Volleyball	Coach Micah Langston mlangston@UCAcademy.org	
	JV Volleyball	Coach Christine Barnes <u>cbarnes@UCAcademy.org</u>	
High School Fall & Winter Sports	Varsity Cheer	Cheer Advisor Bethanie Lafond <a href="mailto:cheer@UCAcademy.org">cheer@UCAcademy.org</a> Coach Cass / Coach Forte	
	Varsity COED Soccer	TBD	
High School	Varsity Boys Basketball	Coach Adrian Alvarez ucabball@gmail.com	
Winter Sports	Varsity Girls Basketball	Coach Bryana Williams <u>ucagirlsbball@gmail.com</u>	
	Varsity Boys & Girls Track & Field	Coach Cristian Perez <a href="mailto:cperez@UCAcademy.org">cperez@UCAcademy.org</a>	
High School Spring Sports	Varsity Baseball	Coach Anthony Echeveste <u>War.coach23@gmail.com</u>	
	Varsity Softball	Coach Bill Seybert <u>Bill imaginechurchsb@verizon.net</u>	

### **Junior High School Coach Contact Information**

	JH Flag Football	Coach Jimmy Mettias <u>Kingtutj24@gmail.com</u>	
Junior High Fall Sports	JH Volleyball	Jessica Davis (JH-A team) <u>indaviso923@icloud.com</u> Brenda Powers (OP-B team)	
•		brenpoweredfit@gmail.com	
	JH Cross Country	Coach Richard Reyes richreyes929@gmail.com	
Junior High	JH Baseball	Coach Toby Ronderos draftday411@gmail.com	
Winter Sports	JH Softball	Coach Bill Seybert Bill imaginechurchsb@verizon.net	
Junior High Fall & Winter Sports	JH Cheer	Cheer Advisor Bethanie Lafond <a href="mailto:cheer@UCAcademy.org">cheer@UCAcademy.org</a> Coach Pastrana / Coach Peterson	
Lunion High	JH Boys Basketball	Coach Jimmy Mettias <u>kingtutj24@gmail.com</u>	
Junior High Spring Sports	JH Girls Basketball  Coach Michael Edwards  Edwards.mike1979@gmail.co		
	JH COED Soccer	TBD	

#### ■ PREPARTICIPATION PHYSICAL EVALUATION **HISTORY FORM**

(Note: This form is to be filled out by the patient and parent prior to seeing the physician. The physician should keep this form in the chart.)

Name			Date of birth		
Sex Age Grade Sch	ool Sport(s)				
Medicines and Allergies: Please list all of the prescription and over	r-the-cr	ounter m	nedicines and supplements (herbal and nutritional) that you are currently	/ takina	
		ountor ir	notioned and depperments (norther and neutrional) trial you are currently	raming	
	-				
Do you have any allergies? ☐ Yes ☐ No If yes, please ide ☐ Medicines ☐ Pollens	ntify sp	ecific al	lergy below.  □ Food □ Stinging Insects		
Explain "Yes" answers below. Circle questions you don't know the an	swers	to.			
GENERAL QUESTIONS	Yes	No	MEDICAL QUESTIONS	Yes	N
Has a doctor ever denied or restricted your participation in sports for			26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
any reason?  2. Do you have any ongoing medical conditions? If so, please identify		-	27. Have you ever used an inhaler or taken asthma medicine?	-	-
below: ☐ Asthma ☐ Anemia ☐ Diabetes ☐ Infections			28. Is there anyone in your family who has asthma?		-
Dther:	<u> </u>		29. Were you born without or are you missing a kidney, an eye, a testicle		
Have you ever spent the night in the hospital?			(males), your spleen, or any other organ?	ļi	_
4. Have you ever had surgery? HEART HEALTH QUESTIONS ABOUT YOU	Yes	No	30. Do you have groin pain or a painful bulge or hernia in the groin area?  31. Have you had infectious mononucleosis (mono) within the last month?	ļ	
Have you ever passed out or nearly passed out DURING or	103	NU	32. Do you have any rashes, pressure sores, or other skin problems?		$\vdash$
AFTER exercise?			33. Have you had a herpes or MRSA skin infection?		$\vdash$
6. Have you ever had discomfort, pain, tightness, or pressure in your			34. Have you ever had a head injury or concussion?		$\vdash$
chest during exercise?  7. Does your heart ever race or skip beats (irregular beats) during exercise?			35. Have you ever had a hit or blow to the head that caused confusion,		
Has a doctor ever told you that you have any heart problems? If so,			prolonged headache, or memory problems?		_
check all that apply:			36. Do you have a history of seizure disorder?		<u> </u>
☐ High blood pressure ☐ A heart murmur			37. Do you have headaches with exercise?  38. Have you ever had numbness, tingling, or weakness in your arms or		_
☐ High cholesterol ☐ A heart infection ☐ Kawasaki disease Other:			legs after being hit or falling?		
<ol> <li>Has a doctor ever ordered a test for your heart? (For example, ECG/EKG, echocardiogram)</li> </ol>			39. Have you ever been unable to move your arms or legs after being hit or falling?		
10. Do you get lightheaded or feel more short of breath than expected			40. Have you ever become ill white exercising in the heat?		
during exercise?  11. Have you ever had an unexplained seizure?			41. Do you get frequent muscle cramps when exercising?		
Do you get more tired or short of breath more quickly than your friends			42. Do you or someone in your family have sickle cell trait or disease?     43. Have you had any problems with your eyes or vision?		
during exercise?			44. Have you had any eye injuries?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No	45. Do you wear glasses or contact lenses?		
<ol> <li>Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 50 (including</li> </ol>			46. Do you wear protective eyewear, such as goggles or a face shield?		
drowning, unexplained car accident, or sudden infant death syndrome)?			47. Do you worry about your weight?		
14. Does anyone in your family have hypertrophic cardiomyopathy, Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy, long QT			48. Are you trying to or has anyone recommended that you gain or lose weight?		
syndrome, short QT syndrome, Brugada syndrome, or catecholaminergic			49. Are you on a special diet or do you avoid certain types of foods?		
polymorphic ventricular tachycardia?  15. Does anyone in your family have a heart problem, pacemaker, or			50. Have you ever had an eating disorder?		
implanted defibrillator?			51. Do you have any concerns that you would like to discuss with a doctor?		
16. Has anyone in your family had unexplained fainting, unexplained			FEMALES ONLY		
seizures, or near drowning?	10		52. Have you ever had a menstrual period?		
BONE AND JOINT QUESTIONS	Yes	No	53. How old were you when you had your first menstrual period?		
17. Have you ever had an injury to a bone, muscle, ligament, or tendon that caused you to miss a practice or a game?			54. How many periods have you had in the last 12 months?		
18. Have you ever had any broken or fractured bones or dislocated joints?			Explain "yes" answers here		
19. Have you ever had an injury that required x-rays, MRI, CT scan, injections, therapy, a brace, a cast, or crutches?					
20. Have you ever had a stress fracture?					
21. Have you ever been told that you have or have you had an x-ray for neck instability or atlantoaxial instability? (Down syndrome or dwarfism)					
22. Do you regularly use a brace, orthotics, or other assistive device?		$\vdash$			
23. Do you have a bone, muscle, or joint injury that bothers you?					
24. Do any of your joints become painful, swollen, feel warm, or look red?					
24. Do any of your joints become painful, swollen, feet warm, or look fed?					

#### PREPARTICIPATION PHYSICAL EVALUATION PHYSICAL EXAMINATION FORM

Name Date of birth **PHYSICIAN REMINDERS** 1. Consider additional questions on more sensitive issues · Do you feel stressed out or under a lot of pressure? . Do you ever feel sad, hopeless, depressed, or anxious? . Do you feel safe at your home or residence? . Have you ever tried cigarettes, chewing tobacco, snuff, or dip? During the past 30 days, did you use chewing tobacco, snuff, or dip? . Do you drink alcohol or use any other drugs? · Have you ever taken anabolic steroids or used any other performance supplement? · Have you ever taken any supplements to help you gain or lose weight or improve your performance? Do you wear a seat belt, use a helmet, and use condoms? 2. Consider reviewing questions on cardiovascular symptoms (questions 5-14). **EXAMINATION** Height Weight □ Male ☐ Female Vision R 20/ Pulse Corrected DY N 1.20/ MEDICAL NORMAL ABNORMAL FINDINGS Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency) Eyes/ears/nose/throat Pupils equal Hearing Lymph nodes Heart\* Murmurs (auscultation standing, supine, +/- Valsalva) Location of point of maximal impulse (PMI) · Simultaneous femoral and radial pulses Lungs Abdomen Genitourinary (males only)<sup>b</sup> Skin HSV, lesions suggestive of MRSA, tinea corporis Neurologic ° MUSCULOSKELETAL Neck Back Shoulder/arm Elbow/forearm Wrist/hand/fingers Hip/thigh Knee Leg/ankle Foot/toes **Functional** · Duck-walk, single leg hop \*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. \*Consider GU exam if in private setting. Having third party present is recommend \*Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion. Cleared for all sports without restriction Cleared for all sports without restriction with recommendations for further evaluation or treatment for ■ Not cleared □ Pending further evaluation ☐ For any sports ☐ For certain sports Recommendations I have examined the above-named student and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. A copy of the physical exam is on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/quardlans). Name of physician (print/type)

Signature of physician

Phone

MD or DO

# ■ PREPARTICIPATION PHYSICAL EVALUATION CLEARANCE FORM

Name Sex D M	☐ F Age Date of birth	
☐ Cleared for all sports without restriction		
☐ Cleared for all sports without restriction with recommendations for further evaluation or tre		
□ Not cleared		
☐ Pending further evaluation		
☐ For any sports		
☐ For certain sports		
Reason		
Recommendations		
<u> </u>		
I have examined the above-named student and completed the preparticipation clinical contraindications to practice and participate in the sport(s) as outlined		
and can be made available to the school at the request of the parents. If conditte physician may rescind the clearance until the problem is resolved and the (and parents/guardians).	itions arise after the athlete has been cleared for partic	ipation,
Mame of physician (print/hune)	Data	
Name of physician (print/type)Address		
Signature of physician		, IVID UI DC
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Other information		
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# ALL TRANSFERS MUST BE COMPLETED ONLINE. NO PAPER COPIES WILL BE ACCEPTED! SCHOOLS WILL UPLOAD THIS SIGNED DOCUMENT TO THE CASE FILE IN CIF-SS HOME.

)	Student Name	M F [		
	Name of Parent(s)/Guard	lian(s)/Caregiver(s)	Date of Birth G	Grade Area Code/Home Phone
	Current Address			
		House Number and Street Name		City/State/Zip
	PUBLIC SCHOOL D	ISTRICT YOUR CURRENT ADDRESS IS IN	SPECIFIC PUBLIC H.S.	. YOUR CURRENT ADDRESS BELONGS TO
	Date entire family unit occ	cupied current address:		
	ONLY FILL OUT ITEM 3 IF Y	YOUR ENTIRE FAMILY UNIT HAS MOVED O	OUT OF YOUR CURRENT SCHO	OOL ATTENDANCE AREA INTO A
	LETELY DIFFERENT ATTEN	DANCE AREA. IF YOU HAVEN'T MOVED, S	SKIP TO ITEM 4.	
	Former Address			
	-	House Number and Street Name		City/State/Zip
	PUBLIC SCHOOL DIS	STRICT YOUR FORMER ADDRESS WAS IN	SPECIFIC PUBLIC H.S.	YOUR FORMER ADDRESS BELONGED TO
	Date entire family unit vac	cated previous address:		
	NOTE: INCLUDE ALL HIGH SC GRADE, YOU WILL ONLY NEE	CHOOLS STUDENT HAS ATTENDED SINCE START ID TO FILL OUT THE 1ST LINE OF ITEM 4.	TING THE 9TH GRADE. IF THIS IS Y	OUR FIRST TRANSFER SINCE STARTING
		2 TO THE OUT THE OF THEM 4.		
	Transfer From:	Name of Former High School	Enrolled from:	MM/DD/YY Date MM/DD/YY
	Transfer From:	Name of Former Figure School	Enrolled from:	to
		Name of Former High School	Date	MM/DD/YY Date MM/DD/YY
	Transfer From:		Enrolled from:	MM/DD/YY Date MM/DD/YY
		Name of Former High School		
	Within the last calendar ye	ear, what sport/s did the student play (dur evel (novice, frosh-soph, JV, and/or varsit	ing the official high school sea	ason) at your former school/s? List
	SPRING SEASON:			
	NOTE: BEL	OW YOU WILL SIGN ITE	M 6 <u>or</u> Item 7. <u>c</u>	OO NOT SIGN BOTH
		SECTIONS. RE	AD CAREFULLY.	
	OFFICIAL AND AN AREA			
	CIF and to discuss enrolle	PLICATION: I authorize any former school nent and/or extra curricular participation w	I/s and the current school to re	elease all records/requests made by
	determination. I am author	rized to execute this request. I affirm that	all of the above statements ar	re true to the best of my knowledge
	further affirm that I unders	stand that if subsequent to the approval of	this athletic eligibility applicat	ion it is discovered that this approve
	athlete may result.	oneous, inaccurate or incomplete informat	tion, severe penalties affecting	the future eligibility of this student-
	annote may recard			
	By signing this affidavit, I d	certify that no person/s connected with the	e athletic department of the ne	ew school (School "B") or is part of the
	booster club of School "B"	', including anyone acting on their behalf,	has had communication, direct	ctly or indirectly, through intermedian
	the completion of the enro	sfer student, student's parents, legal guar illment process at School "B". I also certify	dian or caregiver, or anyone a	icting on behalf of this student, prior
0	on any non-school athletic	team* (i.e., AAU, American Legion, club	team, etc.) that is associated	with or coached by anyone associat
	with the new school (Scho	ool "B"). (*See Bylaw 510 for definition of a	a non-school athletic team).	
-				
	IF THE ABOVE STATEMEN	TS (UNDER CERTIFICATION OF APPLICAT	ION) ARE TRUE SIGN BELOW.	YOU WILL NOT NEED TO PROCEED
	ITEM 7. IF YOU CANNOT C	ERTIFY THE ABOVE STATEMENTS, DO NO	OT SIGN ITEM 6. SKIP TO ITEM	7 BELOW AND SIGN THERE.
	PARENT SIGNATURE	DATE	STUDENT SIGNATURE	DATE
			DR .	
	I AM UNABLE TO CERTIFY	THAT SOME OR ALL OF THE ABOVE STAT		ORE AS REQUIRED LAM SURMITTI
The same of the sa	A COMPLETE WRITTEN DIS	SCLOSURE OF THE SPECIFIC. (ATTACH A	WRITTEN EXPLANATION TO T	THIS FORM).
ı	PARENT SIGNATURE	DATE	STUDENT SIGNATURE	DATE

Revised 7/10/18

