

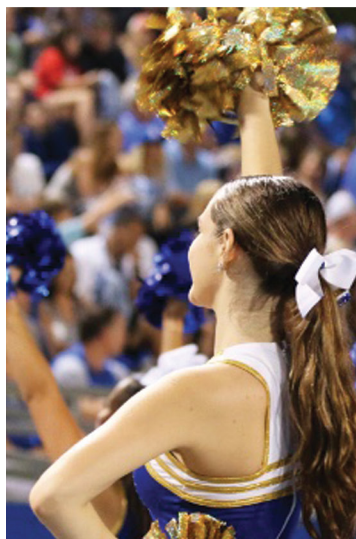
SANTA MARGARITA CATHOLIC HIGH SCHOOL

# 2023 – 2024 ATHLETICS PACKET



## CONTENTS:

1. Athletic clearance steps
2. Sports physicals information
3. Pre-performance physical exam (PPE) forms
4. Summer Sports Camps Schedule for Incoming and Returning SMCHS athletes





# ATHLETIC CLEARANCE

Below are the Steps to Complete Athletic Clearance for the 2023– 2024 School Year. **Registration opens May 1, 2023.**

## Step 1: Register

- Go to [www.homecampus.com](http://www.homecampus.com)  
Navigate to Santa Margarita (CIF SS) and register for the 2023-2024 school year
- Select EACH sport that your student will be participating in
- Have the following ready for a faster registration: Insurance Information, Physician Information, Emergency Contacts, and a **COMPLETED** physical
- Please note: Athletic Clearance must be completed **EVERY YEAR** in order to be eligible to participate in SMCHS Athletic Programs

## Step 2: Turn in Your Athletic Physical

- Complete a physical examination with a doctor (MD/ DO) using the SMCHS form found in this packet here – <https://eaglecamps.info/forms>
- All physicals expire after 365 days from the original physical date
- Make sure to upload your physical form to your student's Athletic Clearance account. SMCHS Sports Medicine/ Athletics DO NOT accept hard copies

Further information regarding Athletic Clearance can be found at: <https://eaglecamps.info/sportsmed>





## SPORTS PHYSICALS

The sports physical exam is known as a pre-participation physical examination (PPE). The exam helps determine whether it's safe for a student to participate in a certain sport.



**Book your online reservation or walk-in 7 days a week.**

- **Book Online:** [www.MarqueMedical.com/SMCHS](http://www.MarqueMedical.com/SMCHS)
  - **Or Call:** 1-877-MY-DOC-NOW (693-6266) x1201 / 1202
  - **Address:** 22461 Antonio Pkwy., Suite 135, RSM, 92688\*
  - **Sport Physical Cost:** \$50\*\*
- \* You may go to any Marque Urgent Care clinic to complete a sports physical*
- \*\* A portion of the cost will be donated back to SMCHS*

### **Additional screening services available to SMCHS student-athletes:**



If your student-athlete has tested positive for COVID-19 or may have contracted the disease and/or experienced symptoms, schedule an EKG to check for heart arrhythmias. Early detection saves lives! This heart screening is only \$89 for Eagle student-athletes.



Screen time for Americans has increased 60% within the last year, leaving children at-risk for developing serious eye conditions like Computer Vision Syndrome (CVS). We've partnered with a local Ophthalmologist to offer [FREE eye screenings to all student-athletes.](#) This advanced screening uses the State-of-the-art Zeiss Teleretinal Screening System which uncovers eye conditions such as macular degeneration and diabetes. Available at our Newport Beach clinic.





**SANTA MARGARITA CATHOLIC HIGH SCHOOL**  
**2023-2024 Pre-Participation Physical Evaluation Form**

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Grade 2023-2024 \_\_\_\_\_ School \_\_\_\_\_ Sports \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Personal Physician \_\_\_\_\_

*In case of emergency, contact*

Name \_\_\_\_\_ Relation \_\_\_\_\_ Phone (H) \_\_\_\_\_ Cell \_\_\_\_\_

Explain "Yes" answers below.  
Circle questions you don't know the answers to.

**Yes No**

**Yes No**

1. Have you had a medical illness or injury since your last checkup or physical?

☐ ☐

10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, or hearing aid)?

☐ ☐

2. Have you ever been hospitalized overnight?

☐ ☐

Have you ever had surgery?

☐ ☐

3. Are currently taking any prescription or nonprescription (over the counter medications) or pills or using an inhaler?

☐ ☐

11. Have you had any problems with your eyes or vision?

☐ ☐

Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?

☐ ☐

Do you wear glasses, contacts, or protective eyewear?

☐ ☐

4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?

☐ ☐

12. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints?

☐ ☐

Have ever had a rash or hives develop during or after exercise?

☐ ☐

Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?

☐ ☐

5. Have you ever passed out during or after exercise?

☐ ☐

Have you ever been dizzy during or after exercise?

☐ ☐

Have you ever had chest pain during or after exercise?

☐ ☐

Do you get tired more quickly than your friends do during exercise?

☐ ☐

*If yes, check appropriate box and explain below.*

☐ Head

☐ Elbow

☐ Hip

☐ Neck

☐ Forearm

☐ Thigh

☐ Back

☐ Wrist

☐ Knee

☐ Chest

☐ Hand

☐ Shin/Calf

☐ Shoulder

☐ Finger

☐ Ankle

☐ Upper Arm

☐ Foot

Have ever had racing of your heart or skipped heartbeats?

☐ ☐

13. Do you want to weigh more or less than you do now?

☐ ☐

Have you had high blood pressure or high cholesterol?

☐ ☐

Do you lose weight regularly to meet weight requirements for your sport?

☐ ☐

Have you ever been told you have a heart murmur?

☐ ☐

14. Do you feel stressed out?

☐ ☐

Has any family member died of heart problems or of sudden death before age 50?

☐ ☐

15. Record the date of your most recent immunizations:

Have you had severe viral infection (for example, myocarditis or mononucleosis) within the last month?

☐ ☐

Tetanus \_\_\_\_\_

Measles \_\_\_\_\_

Has a physician ever denied or restricted your participation in sports for any heart problems?

☐ ☐

Hepatitis B \_\_\_\_\_

Chickenpox \_\_\_\_\_

6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?

☐ ☐

**FEMALES ONLY**

7. Have you ever had a head injury or concussion?

☐ ☐

16. When was your first menstrual period? \_\_\_\_\_

Have you ever been knocked out, become unconscious, or lost your memory?

☐ ☐

When was your most recent menstrual period? \_\_\_\_\_

Have you ever had a seizure?

☐ ☐

How much time do you usually have from the start of one period to the start of another? \_\_\_\_\_

Do you have frequent or severe headaches?

☐ ☐

How many periods have you had in the last year? \_\_\_\_\_

Have you ever had numbness or tingling in your arms, hands, legs, or feet?

☐ ☐

What was the longest time between in the last year? \_\_\_\_\_

Have you ever had a stinger, burn, or pinched nerve?

☐ ☐

**Explain "Yes" answers here:** \_\_\_\_\_

8. Have you ever become ill from exercising in the heat?

☐ ☐

9. Do you cough, wheeze, or have trouble breathing during or after activity?

☐ ☐

Do you have asthma?

☐ ☐

Do you have seasonal allergies that require medical treatment?

☐ ☐

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_





**SANTA MARGARITA CATHOLIC HIGH SCHOOL**  
**2023-2024 Pre-Participation Physical Evaluation Form**

Name _____		Date of Birth _____	
Height _____	Weight _____	% Body Fat (optional) _____	Pulse _____ BP _____/_____ (_____/_____, ____/____)
Vision R 20/	L20/	Corrected: Y N	Pupils: Equal Unequal

	NORMAL	ABNORMAL FINDINGS	INITIALS
<b>MEDICAL</b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (Males Only)			
Skin			
<b>MUSCULOSKELETAL</b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*Station based examination only

**CLEARANCE**

☐ Cleared

☐ Cleared after completing evaluation/rehabilitation for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Not cleared for: \_\_\_\_\_ Reason: \_\_\_\_\_

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name of Physician (Print/Type) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Signature of Physician \_\_\_\_\_ MD or DO



# SPORTS CAMPS

For SMCHS Incoming Freshmen and Returning Students

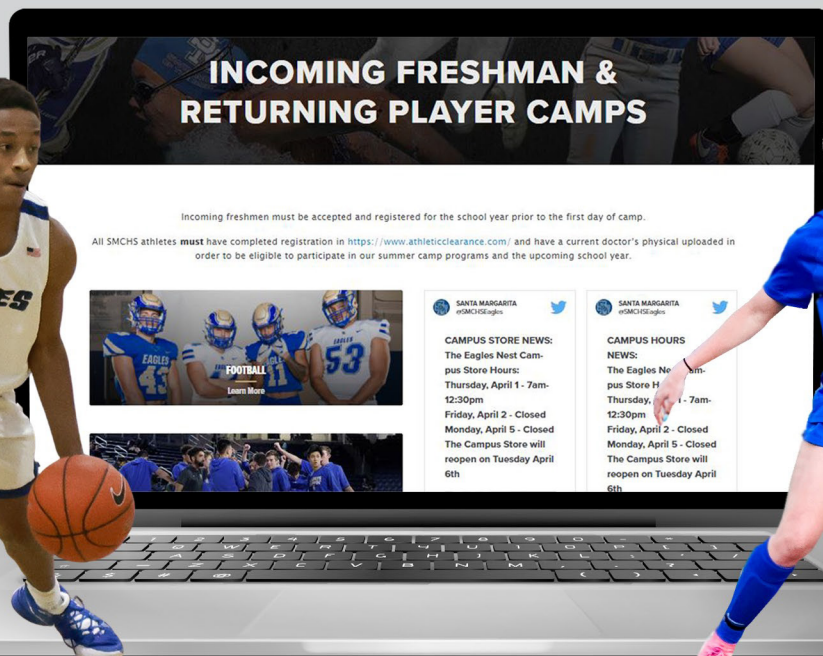
Summer camp schedules for SMCHS incoming freshmen and returning students available on the following pages. Find your camp and register online.

**Sports  
Offered:**

BASKETBALL  
FOOTBALL  
BASEBALL  
CHEER  
LACROSSE  
SOCCER  
SWIMMING  
VOLLEYBALL  
WATER POLO  
*and more!*



[www.smhs.org/summercamps](http://www.smhs.org/summercamps)



For more information, contact us: Email: [sportscamps@smhs.org](mailto:sportscamps@smhs.org) or call: 949-766-6065



Twitter: [@SMCHSAthletics](https://twitter.com/SMCHSAthletics)



Instagram: [@smchsathletics](https://www.instagram.com/smchsathletics)



# SMCHS 2023-2024 Sports Camps

Camps for SMCHS incoming freshmen and SMCHS returning student athletes

**Stores to register will be open on March 1, 2023**

*Dates / times subject to change.*

## BASEBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	Freshmen	6/19	7/19	M-TH	2:00pm - 4:00pm	Softball Field	\$350
June-July	Returner	6/19	7/19	M-TH	TBD	TBD	\$350

## GIRLS SOCCER

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	HS Summer League	TBD	TBD	T & TH	12:00pm - 6:00pm	Capo Valley HS	\$175
July	Varsity & JV	7/18	7/20	T-TH	10:00am - 12:00pm	Grass Field 1 & 2	\$175
July	Freshmen & FS Returners	7/18	7/20	T-TH	8:00am - 10:00am	Grass Field 1 & 2	\$175

## BOYS BASKETBALL \*\$500 for total cost of camp 6/19 - 7/20

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Varsity	6/19	6/22	M-TH	9:30am – 11:00am	SM Gym (St. Johns)	\$500*
June	Varsity	6/26	6/29	M-TH	10:00am – 11:30am	SM Gym (St. Johns)	
July	Varsity	7/10	7/13	M-TH	10:00am – 11:30am	SM Gym (St. Johns)	
July	Varsity	7/17	7/20	M-TH	9:30am – 11:00am	SM Gym (St. Johns)	
June	JV & Freshmen	6/19	6/22	M-F	9:00am – 11:00am	SM Gym (Serra Catholic)	\$500*
June	JV & Freshmen	6/26	6/29	M-F	7:00am – 9:00am	SM Gym (Serra Catholic)	
July	JV & Freshmen	7/10	7/13	M-TH	7:00am – 9:00am	SM Gym (Serra Catholic)	
July	JV & Freshmen	7/17	7/20		9:00am – 11:00am	SM Gym (Serra Catholic)	

## GIRLS BASKETBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/19	7/20	M-TH	2:00pm - 4:00pm	Gym (Serra Catholic)	\$360

## BOYS VOLLEYBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/24	7/27	M-TH	4:00pm - 6:00pm	SM Gym	\$300

## GIRLS VOLLEYBALL

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Returner	7/24	7/28	M-FR	8:00am - 11:00am	SM Gym	\$300
July	Freshmen	7/24	7/28	M-FR	12:00pm - 2:00pm	SM Gym	\$300

## STRENGTH & CONDITIONING | Co-Ed High School Sports Performance Camp

MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June - July	High School	6/19	7/20	T & Th	2:30pm – 3:30pm	SM Weight Room	5 weeks: \$300 3 weeks: \$200 1week: \$100



BOYS WATER POLO							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/19	7/13	M-TH	6:00am - 8:00am	Pool	\$500
GIRLS WATER POLO							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/19	7/20	M-TH	8:00am - 10:00am	Pool	\$500
June-July	HS Summer League	TBD	TBD	M/W	5:30pm - 9:30pm	Pool	\$175
SWIM							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/10	7/13	M-TH	1:00pm - 3:00pm	Pool	\$175
BOYS TENNIS							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	High School	6/19	6/29	M-TH	8:00am - 10:00am	Tennis Courts	\$375
GIRLS TENNIS							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	FS/JV	7/17	7/27	M-TH	4:00pm - 6:00pm	Tennis Courts	\$375
July	Varsity	7/17	7/27	M-TH	8:00am - 10:00am	Tennis Courts	\$375
CROSS COUNTRY							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June-July	High School	6/19	7/27	M-TH, S	8:00am - 10:00am	Track	\$300
BOYS SOCCER							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Freshmen	6/19	6/22	M-TH	10:00am - 12:00pm	Grass Field 1 & 2	\$250
June	Returners	6/19	6/22	M-TH	8:00am - 11:00am	Grass Field 1	\$250
June-July	HS Summer League	TBD	TBD	M-TH	TBD	Capo Vally HS	\$200
GIRLS LACROSSE							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/25	7/27	T-TH	8:00am - 11:00am	Turf	\$195
BOYS LACROSSE							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
June	Returners & Incoming FR	6/20	6/29	T-TH	1:00pm - 3:00pm	Turf	\$250
GIRLS BEACH VOLLEYBALL							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	Returners	7/10	7/13	M-TH	12:00pm - 2:00pm	Sand Courts	\$250
July	Returners	7/17	7/20	M-TH	12:00pm - 2:00pm	Sand Courts	\$250
July	Incoming FR	7/10	7/13	M-TH	2:00pm - 4:00pm	Sand Courts	\$250
July	Incoming FR	7/17	7/20	M-TH	2:00pm - 4:00pm	Sand Courts	\$250
BOYS BEACH VOLLEYBALL							
MONTH	GRADE	START	END	DAYS	TIME	LOCATION	PRICE
July	High School	7/24	7/27	M-TH	1:00pm - 3:00pm	Sand Courts	\$250



# SANTA MARGARITA CATHOLIC HIGH SCHOOL COACHES' PROFILE

The purpose of the coaches' profile is to outline the essential attributes and attitudes all coaches are expected to possess. The objectives of the SMCHS coach profile are to inform prospective coaches about the unique educational environment at SMCHS and to use the profile as a standard when evaluating their performance and professional growth. In addition, the profile focuses on personal, professional and institutional growth and provides a level of aspiration for coaches. This approach lends itself to honest reflection, creative discussion and emphasizes respect for the individual.

## ATHLETIC DEPARTMENT PHILOSOPHY

The interscholastic athletic program of Santa Margarita Catholic High School is an integral part of the entire educational experience. It is a Christ-centered sports program that contributes to the development of the individual athlete in every aspect; spiritually, intellectually, physically, emotionally, and socially.

As role models, coaches must exemplify our school's core principals of compassion, humility, justice, and kindness and align with our athletic department's mission. The athletic staff will strive to develop students' athletic skills, teach the values of good sportsmanship and instill responsibility to oneself, their team, and school. While winning is important, we believe the lessons learned and the efforts made by our student athletes, will lead them to succeed throughout their lives.

## ATHLETIC DEPARTMENT MISSION STATEMENT

Through the charism of Caritas Christi – the love of Christ, Santa Margarita Catholic High School Athletics strives to foster a culture that supports growth and empowerment. Athletic participation provides a safe space for the learning and development of life-long skills; the pursuit of excellence through personal development and teamwork, ethical and responsible behavior, and demonstrating strength of character and sportsmanship.

## A SMCHS COACH WILL DEMONSTRATE

### FAITH

Embody our charism, Caritas Christi, the love of Christ

- Foster faith by means of prayer, Mass and communion services, retreats, and Christian Service activities.

### COMPASSION

Be Kind

- Respect for all.
- Victory with humility and acknowledgement of defeat with dignity. Convey genuine care and concern for all players. Develop rapport with team through trust and respect.

### LEADERSHIP

Instill the importance of faith, family, and education with professionalism and servant leadership

- Create a positive and inclusive environment that promotes growth and opportunity.
- Instill characteristics that commit to a challenge, welcomes adversity, and recognize that there is no substitute for hard work.

### COMMUNICATION

Set and convey vision, goals and standards for the sports program

- Clearly defining expectations of coaches, players, and parents.
- Prompt handling of any issues that may arise within the program.
- Maintain open lines of communication with the SMCHS athletic department.