



## Yucaipa High School Athletics

### Important Information for Incoming Freshmen Athletes

1. **Physicals:** Must have a physical dated after 5/1/24 to participate in athletics at YHS. All paperwork **must** be completed **online**. Athletic Clearance Documents can be found at [yhs.Yucaipaschools.com](https://yhs.yucaipaschools.com) on the athletic tab, then 2024-2025 Athletic Clearance Link. We will offer physicals on:

**May 30<sup>th</sup>, 2024 YHS Gym 2:00 – 5:00 pm. \$25.**

2. **NCAA:** Always tell your counselor when you sign up for classes that you want to compete in college athletics. To get started, visit the following web page and create a login. [Ncaaeligibilitycenter.org](https://Ncaaeligibilitycenter.org)
3. **Practice/Tryouts:** Incoming 9th graders cannot begin practicing or trying out with the high school team until after YHS graduation on June 5<sup>th</sup>, 2024. Practices will be every day, and sometimes twice a day during the season of sport.
4. **Game Schedules:** The most current schedules are on the Yucaipa High School website, Athletics tab, 2024-2025 schedule, change the year to 2024-2025. There will be some changes.
5. **General Questions:** Athletic Director: [Matt\\_Carpenter@yciusd.us](mailto:Matt_Carpenter@yciusd.us) or 909-797-0106 X1124

### How to complete my sports physical

1. Go to the website [athleticclearance.com](https://athleticclearance.com)
2. Create an account
3. Begin answering the questions/filling out forms/signing signatures. There will be signatures required for both parent and athlete.
4. Print out the "Yucaipa Physical Form". It is in the files section of [athleticclearance.com](https://athleticclearance.com). One side of this form is a medical history form to be filled out by the parents. The other side is a "Preparticipation Physical Evaluation" to be done by a Dr.
5. After both sides of the Yucaipa Physical Form are completed, upload those files into [athleticclearance.com](https://athleticclearance.com) and submit
6. The last step is to print a confirmation page that verifies that you are the one who signed the digital signatures. This will become available once you have uploaded the previous 2 documents. Fill out the confirmation page and upload it into the files section of [athleticclearance.com](https://athleticclearance.com).

**WE ARE LOOKING FOR THREE PAGES TO BE UPLOADED:**

1. DR EXAM
2. HEALTH HISTORY
3. CONFIRMATION PAGE

**YOU CANNOT BE CLEARED WITHOUT ALL THREE PAGES COMPLETE.**