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 on the athletic tab, then 2024-2025 Athletic Clearance Link. We will offer physicals on:

   May 30th, 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
3. **Practice/Tryouts:** Incoming 9th graders cannot begin practicing or trying out with the high school team until after YHS graduation on June 5th, 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@ycjusd.us or 909-797-0106 X1124

How to complete my sports physical

1. Go to the website 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. 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 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.

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.