

EL DORADO UNION HIGH SCHOOL DISTRICT  
**PONDEROSA HIGH SCHOOL**

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EL DORADO UNION HIGH SCHOOL DISTRICT  
RON CARRUTH Ed.D., *Superintendent*  
(530) 622-5081

**Jeremy Hunt, Principal**  
Darrin Slojkowski, Assistant Principal  
Amanda Petersen, Assistant Principal  
Phil Leonhardt, Assistant Principal

Dear Eighth Grade Parents:

Welcome to the El Dorado Union High School District Athletic Program! Ponderosa High School is a participant in the Foothill Valley League for sports.

The primary purpose of our Athletic program is to promote the physical, mental, social, emotional and moral well-being of our athletes. The Athletic program is an important and integral part of the total school experience. It is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy and loyalty to the program. He/she also accepts the training rules, regulations and responsibilities that are unique to the Athletic program.

**To be academically eligible, a student athlete must be enrolled in a minimum of twenty units and have earned a 2.0 grade point average during the previous grading period.** All incoming freshman are academically eligible.

Student athletes **must** have a sports physical every year from a qualified physician who completes the medical examination report. The physical must be completed prior to the beginning of the season in which the student athlete plans to participate. Each year, our local county Doctors provide time to our Athletic program by giving sports physicals for \$10 which is donated back to the Athletic Department. The high school Sports Physical Night is to be determined for a date in May 2022. Please refer to the school website for further details. All sports registrations are completed online at [www.athleticclearance.com](http://www.athleticclearance.com) and student athletes can be registered after June 3, 2022 for their desired sport. The list of our sports and seasons is on the back side of this letter.

We are looking forward to having your child as part of our Athletic program. The coaches work with them to make this one of the most important and enjoyable experiences of their high school years.

Sincerely,

Davy Johnson  
Athletic Director



# Ponderosa High School Athletic Registration 2022-2023

Dates of try outs

## FALL

**August 1, 2022**

Cross Country  
begins 1/30)  
Football (F/JV/V begins 7/25)  
begins 1/30)  
Girls Tennis  
Girls Volleyball (F/JV/V)  
Girls Golf  
(JV/V)  
Cheer Fall (Sideline)  
Boys' Water Polo (begins 8/15)  
Girls Water Polo (begins 8/15)  
Cheer

## WINTER

**October 31, 2022**

Boys Basketball (F/JV/V)  
  
Girls Basketball (F/JV/V)  
  
Boys Soccer (F/JV/V)  
Girls Soccer (F/JV/V)  
Traditional Competitive Cheer  
  
Wrestling  
Cheer Winter (Sideline)  
Alpine Race Team

## SPRING

**February 6, 2023**

Baseball (F/JV/V)  
  
Softball (JV/V)  
  
Swimming/Diving  
Boys Tennis  
Boys Volleyball  
  
Boys Golf  
Track & Field  
Competitive Sport

## 1. REGISTER ONLINE

**ATHLETICCLEARANCE.COM**

*The online registration must be completed by the parent/legal guardian of the student.*

[www.athleticclearance.com](http://www.athleticclearance.com) Choose your state



### o FIRST TIME USERS:

- Click "**Register**" and complete all steps with a valid email address for your User Name.
- Please remember this User Name (Email) & password as you will use this each season for your child/children for sports registration. Click "**Submit**"

- o If you already have an account, then **LOGIN** using your User Name (Email) and password. Click "**Sign in**"

- o Click "**Start Clearance Here!**"

- Select the Year **(2022-2023)**
- Select the School **Ponderosa (CIF-SJS)**
- Select Sport

- o Continue through **Step #1 through Step #5:**

- Complete all required fields for Student Information, Medical & Education History and Signature Forms. **Please ensure the digital signatures include both parent and student signatures.**

*\*If you have gone through the Athleticclearance.com process before, you will select the Student and Parent/Guardian name from the dropdown menu on those pages.*

- Be sure to read each document. These forms are legal, binding documents. By entering electronic signatures in the boxes, you are agreeing and consenting to all information provided.

Step# 1 Student Info	Step# 2 Medical History	Step# 3 Parent/Guardian Info	Step# 4 Signatures	Step# 5 Donation
Working...	Completed	Completed	Completed	Optional

Important

- **“Step #5”** Optional Donation to your athletic program.
  - Once you reach the **Confirmation Message** you have completed the process.
    - If you would like to register the student for additional sports/activities at this time, you may check off those sports below the Confirmation Message. Electronic signatures for both the parent/guardian and student will be applied to the additional sports/activities.
  - All of this data will be electronically submitted to the PHS Athletic department for review.
  - When the student is CLEAR for participation in the sport selected, you will receive an email notification.
- 2. GET A PHYSICAL** for the student athlete from a medical doctor. Physical forms are located in the front office.
- 3. TURN IN THE PHYSICAL** to the Ponderosa Front Office/Athletic Secretary. (Mon-Friday 7:30am-4pm)
- ❖ **GRADES AND FINES** will be checked by the Athletic Office prior to each season to complete eligibility requirements. Coaches will be notified when athletes are cleared.
  - ❖ All the above steps must be completed prior to each sports' season tryout date. Any questions, please contact Athletic Secretary, Kaylee Mainz, at (530) 677-2281 x 2210 or via email: [kmeinz@eduhsd.net](mailto:kmeinz@eduhsd.net)