

University High School 8th Grade Parent Coffee 2021

UHS Website: <http://www.universityhigh.iusd.org>

*Please check the **Counseling Webpage** and the
College and Career Planning Webpage

<u>School Counselor</u>	<u>Phone</u>	<u>Email</u>
Mr. Schoch	949-936-7614	nateschoch@iusd.org
Ms. Addressi	949-936-7634	hannaaddressi@iusd.org
Ms. Nguyen	949-936-7753	nancynguyen@iusd.org
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*Department chair

<u>Administrator</u>	<u>Phone</u>	<u>Email</u>
Dr. Kevin Astor (Principal)	949-936-7602	kevinastor@iusd.org
Matt Pate (AP)	949-936-7608	matthewpate@iusd.org
Kris Kough (AP)	949-936-7606	kriskough@iusd.org

Other Important Contacts

Activities	Dawn Jan (ID cards, purchases)	949-936-7785	dawnjan@iusd.org
Athletic Director	Tom Shrake	949-936-7749	tomshrake@iusd.org
Athletic Secretary	Meredith Kohl	949-936-7784	meredithkohl@iusd.org
Attendance Clerk	Nydia Saenz (attendance reporting)	949-936-7601	nydiasaenz@iusd.org
College & Career Center Coordinator	Angela Gatlin (college & career resources)	949-936-7632	angelagatlin@iusd.org
Counseling Secretary	Lennette Buckland (counseling appts.)	949-936-7621	lennettebuckland@iusd.org
Library	Renee Parsons (books)	949-936-7715	reneeparsons@iusd.org

Athletic Information

First Semester		Second Semester	
1st Quarter (Aug-Nov)	2nd Quarter (Nov-Jan)	3rd Quarter (Feb-April)	4th Quarter (April-June)
Fall Sports (Aug- Nov)	Winter Sports (Nov- Feb)	Spring Sports (Feb- May)	
Boys & Girls Cross Country	Boys & Girls Basketball	Boys Baseball	
Football	Boys and Girls Soccer	Boys Golf	
Girls Tennis	Girls Water Polo	Boys & Girls Lacrosse	
Girls Volleyball	Wrestling	Girls Softball	
Boys Water Polo		Boys & Girls Swimming	
Girls Golf		Boys Tennis	
		Boys & Girls Track & Field	
		Boys Volleyball	

What does my student need to do to attend Summer Camp?

1. Visit www.universityhigh.iusd.org/athletics and view the Summer Camp Brochure, published May 4, 2021.
2. Follow the instructions on the brochure for camp registration.
3. Complete a physical exam AFTER May 1, 2021 using the [IUSD Physical Form](#).
4. Set up an online clearance account at www.athleticclearance.com for *University (CIF-SS), 2021-2022*
5. Upload the signed Confirmation Message, IUSD Physical Form, and proof of insurance to your student's account.
6. Email meredithkohl@iusd.org when all athletic clearance steps are complete and the forms have been uploaded.
7. Please keep in mind, coaches are prohibited from having contact with incoming freshmen and their parents prior to May 1st. Before this date, please direct summer camp questions to meredithkohl@iusd.org.
After this date, contact the coach directly using the coaching directory found on the [Athletics Home page](#).

Does my student have to attend summer camp to make the team?

No, but it is *beneficial* to attend summer camp for several reasons:

1. For all sports except Football, students will be placed in Coed PE at Registration. If your student attends summer camp and the coach feels your student is likely to make the team, he/she can be moved to the 7th/8th period sport instead of Coed PE, and the student will not have to change their schedule after school starts. If the student does not attend Summer Camp, he/she will have to try out and make the team before we change Coed PE to Athletics. So your student's schedule would change after the school year has started.
2. Summer Camp is a way for the student to meet peers with similar interests which helps the transition to high school.
3. Summer Camp is a chance to assess and improve on skills which can improve your student's chances of making the team.

When are tryouts? Most tryouts are held in the quarter before the season begins. For fall sports, tryouts may be in the summer before school begins and also the first week of school. For Winter sports, tryouts will be sometime in the 1st quarter. For spring sports, most tryouts will be in 2nd quarter. Tryout dates will be announced in the weekly bulletins, posted on the Athletics Home page at www.universityhigh.iusd.org/athletics under the heading "UPCOMING TRYOUTS" and on the white board in the Athletic Office. Students must be athletically cleared through the Athletics Office to try out.

Can my student participate in more than one sport? What will he/she do for the other quarters?

Yes, students can participate in 1, 2 or 3 sports (one in each season) once they complete the paperwork and make the team. Most sports have an offseason held during periods 7/8. Athletes in sports that do not have an off-season may start in COED PE before their season, or go into Off-Season Sports (OSS) class after the conclusion of their season (depending on the season of their sport).

Can my student participate in Marching Band and a sport? What about Orchestra and a sport? Yes. Students can take Marching Band and a winter or a spring sport. Students cannot participate in Marching Band and a fall sport, as they will conflict. Students can participate in Orchestra and a sport as all the Orchestra classes are during the day.

****Any questions regarding Athletics please explore the Athletics Home page (www.iusd.org/athletics).**

If you are unable to find an answer there, contact the Athletic Secretary Meredith Kohl meredithkohl@iusd.org.