

# University High School 8<sup>th</sup> Grade Parent Coffee 2022

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 | <a href="mailto:nateschoch@iusd.org">nateschoch@iusd.org</a>                   |
| Ms. Addressi            | 949-936-7634 | <a href="mailto:hannaaddressi@iusd.org">hannaaddressi@iusd.org</a>             |
| Ms. Dean                | 949-936-7753 | <a href="mailto:shannondean@iusd.org">shannondean@iusd.org</a>                 |
| Mr. Perfetto            | 949-936-7613 | <a href="mailto:nicholasperfetto@iusd.org">nicholasperfetto@iusd.org</a>       |
| Mrs. Strausheim*        | 949-936-7746 | <a href="mailto:angeliquestrausheim@iusd.org">angeliquestrausheim@iusd.org</a> |
| Mrs. Adams              | 949-936-7623 | <a href="mailto:jamiadams@iusd.org">jamiadams@iusd.org</a>                     |

\*Department chair

| <u>Administrator</u>           | <u>Phone</u> | <u>Email</u>   |
|--------------------------------|--------------|--|
| Dr. Kevin Astor<br>(Principal) | 949-936-7602 | <a href="mailto:kevinastor@iusd.org">kevinastor@iusd.org</a>         |
| Matt Pate (AP)                 | 949-936-7608 | <a href="mailto:matthewpate@iusd.org">matthewpate@iusd.org</a>       |
| Christine Haley (AP)           | 949-936-7607 | <a href="mailto:christinehaley@iusd.org">christinehaley@iusd.org</a> |
| Kris Kough (AP)                | 949-936-7606 | <a href="mailto:kriskough@iusd.org">kriskough@iusd.org</a>           |

## Other Important Contacts

|  |                                   |              |  |
|--|-----------------------------------|--------------|--|
| Activities                             | Dawn Jan<br>(ID cards, purchases) | 949-936-7785 | <a href="mailto:dawnjan@iusd.org">dawnjan@iusd.org</a>             |
| Athletic Director                      | Tom Shrake                        | 949-936-7749 | <a href="mailto:tomshrake@iusd.org">tomshrake@iusd.org</a>         |
| Athletic Clerk                         | Joy Liberty                       | 949-936-7784 | <a href="mailto:joyliberty@iusd.org">joyliberty@iusd.org</a>       |
| Attendance Clerk                       | Stephanie Tang                    | 949-936-7601 | <a href="mailto:stephanietang@iusd.org">stephanietang@iusd.org</a> |
| College & Career<br>Center Coordinator | Angela Gatlin                     | 949-936-7632 | <a href="mailto:angelagatlin@iusd.org">angelagatlin@iusd.org</a>   |
| Counseling Clerk                       | Justin Montoya                    | 949-936-7621 | <a href="mailto:justinmontoya@iusd.org">justinmontoya@iusd.org</a> |
| Library                                | Renee Parsons                     | 949-936-7715 | <a href="mailto:reeneeparsons@iusd.org">reeneeparsons@iusd.org</a> |

## **Athletic Information**

| <b>First Semester</b>           |                                 | <b>Second Semester</b>            |                                    |
|---------------------------------|---------------------------------|-----------------------------------|------------------------------------|
| <b>1st Quarter</b><br>(Aug-Nov) | <b>2nd Quarter</b><br>(Nov-Jan) | <b>3rd Quarter</b><br>(Feb-April) | <b>4th Quarter</b><br>(April-June) |
| <b>Fall Sports</b> (Aug- Nov)   | <b>Winter Sports</b> (Nov- Feb) | <b>Spring Sports</b> (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](http://www.universityhigh.iusd.org/athletics) and view the Summer Camp Brochure, published April 13th.
2. Follow the instructions on the brochure for camp registration.
3. Complete a physical exam AFTER May 1, 2022 using the [IUSD Physical Form](#).
4. Set up an online clearance account at [www.athleticclearance.com](http://www.athleticclearance.com) for *University (CIF-SS), 2022-2023*
5. Upload the signed Confirmation Message, IUSD Physical Form, and proof of insurance to your student's account. Instructions can be found [HERE](#).
6. Email [joyliberty@iusd.org](mailto:joyliberty@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 [joyliberty@iusd.org](mailto:joyliberty@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 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 the 2nd quarter. Tryout dates will be announced in the weekly bulletins, posted on the Athletics Home page at [www.universityhigh.iusd.org/athletics](http://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 period 7. 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](http://www.iusd.org/athletics)). If you are unable to find an answer there, contact the Athletic Secretary Joy Liberty [joyliberty@iusd.org](mailto:joyliberty@iusd.org).**