

SUMMER ATHLETIC INFORMATION LETTER

The Galena High School Athletic Department would like to welcome you to the 2022-2023 school year. In our thirty-year history, we have experienced much success in our athletic endeavors, and we look forward to continued success this coming year. The Athletic Program is a great way to get involved in the Galena Community. We are excited to have your son/daughter become a part of this program.

SUMMER ATHLETIC ACTIVITY PAPERWORK

To participate in any summer program all incoming and returning students must complete the following:

1. Sports-Conditioning Permit
2. Emergency Contact
3. If new to Galena you will need to include Physical and Health Questionnaire.

Paperwork is available for download on the school website www.washoeschools.net/Page/1536 under the Athletic tab or at Galena High School's main office.

FALL SPORT SEASON

1. REGISTER MY ATHLETE (RMA) – www.registermyathlete.com

Student athletes and the spirit team participants are required to complete their profile prior to trying out or participating in any athletic activity. Parents need to complete a profile on www.registermyathlete.com and then they need to complete one for their athlete. Please see attached “Student Athlete Registration Instructions.” Resources are also available on the school website www.washoeschools.net/Page/1536. Your athlete will not be listed as completed or show up on the coach's roster until a Galena Administrator has verified attached documents. Administrative approval may not occur until after August 1, 2022. *Please do not call the office to verify status as there will be no Athletic personnel in the office to assist you.*

2. PHYSICAL EXAMINATIONS

Physical examinations are required every **two years** for every athlete and spirit team members. The following health care professionals are now eligible to administer sport/activity physicals: medical doctors, homeopathic physicians, osteopathic physicians, physician's assistants, advanced practitioners of nursing, and chiropractors. The forms that the physician must use are available at Galena High School main office, or you may download the physical forms at <https://www.washoeschools.net/ghsathletics> or www.NIAA.com (click on NIAA Forms, Forms B and D).

- Form B - Pre-Participation History Form – Completed as a new athlete or when an existing physical has expired
- Form D - NIAA Pre-Participation Physical Evaluation Form - (Typically needed 1st and 3rd Year) Physicals are valid for two years from the date of the physical.

3. NIAA/WCSD Health Questionnaire/Interim Form

This form is required for any athlete who has a current physical on file, typically an athlete's 2nd and 4th year. The form is available at Galena High School main office, or you may download the form at <https://www.washoeschools.net/ghsathletics> or www.NIAA.com (click on NIAA Forms, Form E – Health Questionnaire Interim Form).

- NIAA Health Questionnaire/Interim Form – Completed if you have a physical on file that is only one year old

4. INSURANCE

It is a Washoe County School District policy that all athletes and spirit team members must be covered by medical insurance. If a family insurance plan is not available, students may purchase “school time” insurance. More information can be obtained about this insurance by reading the “school time” insurance brochure. Please feel free to pick up a copy of this brochure at the main office at Galena High School.

5. ACADEMIC ELIGIBILITY

All incoming freshman are eligible to clear for athletics the 1st quarter of their freshman year. All sophomores, juniors and seniors must have earned a minimum of two units of credit (passed at least four classes), failed no more than one class (0.5 unit) and achieved a 2.0 GPA or better on a non-weighted (4.0) scale during the preceding quarter or semester to be eligible to clear for athletics.

6. CLEARANCE DATES

Fall clearance dates are August 2nd and 3rd at Galena H.S. between 7:00 am – 1:00 pm. All fall athletes must attend one of these dates to pay fees, have their grades checked (10th – 12th graders) and verify they have submitted/uploaded all necessary paperwork in RMA. Staff will be available to help with uploading documents or any RMA issues you may have.

BEGINNING DATES AND TIMES – SUMMER/FALL SPORTS

To participate in summer sports all players must have the emergency form completed and Form B & D (9th grade, 11th grade and new students) or NIAA/WCSD Health Questionnaire/Interim Form (10th grade and 12th grade students). Paperwork is available for download on the school website www.washoeschools.net/Page/1536 or it can be picked up at the main office.

FALL SPORTS

Cheer

Head Coach: Xavier Gonzalez

Email - galenacheer.Grizzlies@gmail.com

Cross Country (Boys)

Head Coach: Ron Cross

Email – galenaxc@gmail.com

Cross Country (Girls)

Head Coach: Jeff Mann

Email: park106@gmail.com

2022 CROSS COUNTRY SUMMER TRAINING PLAN

Football

Head Coach: Aaron Cook

Email – AJCook@washoeschools.net

Summer Schedule

June 28th – New Players/Freshman 7:00 am – 10:00 am

June 29th & 30th – All Players 7:00 am – 10:00 am

July 6th, 7th, 11th, 12th, 13th, 14th, 18th, 19th, 20th, 21st – All Players 7:00 am – 10:00 am

July 25th, July 26th, July 27th, July 28th – All Players 7:00 am - 10:00 am

Golf (Girls)

Head Coach: Cheryl Ann Burke

Email: CAB4FIVE@ATT.NET

Soccer (Boys)

Head Coach: Taylor O'Harra

Email: galenahmenssoccer@gmail.com

Optional Pre-season Pick Up Sessions begin on Wednesday, July 13th

Dates and Times: Wednesdays (July 13th, 20th, 27th and August 3rd): 5:30 – 7:00 pm

Soccer (Girls)

Head Coach: Nicole Rodriguez

Email: galenagirlssoccer@gmail.com

Summer Sessions begin on Tuesday, July 12th

Cost: \$80

Dates and Times: Tuesday -Thursday: 8:00 - 10:30 am

Tennis (Boys)

Head Coach: Michael Carley

Email: mfcarley07@aol.com

Tennis (Girls)

Head Coach: Mallory Morgan

Email: MMMORGAN@WASHOESCHOOLS.NET

Off-Season Workouts – Every Thursday starting July 7th – August 11th from 9:00 am -10:30 am

Volleyball

Head Coach: Nate Byrne

Email: galenahsvolleyball@gmail.com

Grass Volleyball Gym Dates – Practices are optional

Fridays: July 15th, 22nd, 29th and August 5th from 9:30 am to 11:30 am

WINTER SPORTS

Basketball (Boys)

Head Coach: Olek Czyz

Email: olek775basketball@gmail.com

BOYS BASKETBALL SUMMER PROGRAM 2022

Basketball (Girls)

Head Coach: Tiffany O'Day

Email: TODAY3321@GMAIL.COM

Cheer

Head Coach: Xavier Gonzalez

Email - galenacheer.Grizzlies@gmail.com

Ski (Boys and Girls)

Head Coach: Jon Olsen

Email: Jon-Olsen@sbcglobal.net

Wrestling

Head Coach: Tony Sharron

Email: GALENAWRESTLING@GMAIL.COM

SPRING SPORTS

Baseball

Head Coach: Beau Walker

Email: BWALKER@WASHOESCHOOLS.NET

Golf (Boys)

Head Coach: Cheryl Ann Burke

Email: CAB4FIVE@ATT.NET

Swimming and Diving (Boys)

Head Coach: TBD

Email:

Swimming and Diving (Girls)

Head Coach: Diane Dale

Email: DDALE321@AOL.com

Softball

Head Coach: Alexa Youngberg

Email: AYOUNGBERG@WASHOESCHOOLS.NET

Track and Field (Boys)

Head Coach: Jason Mixie

Email: jmixie@washoeschools.net

Track and Field (Girls)

Head Coach: Wendy Sullivan

Email: wlsullivan@washoeschools.net

STUDENT-ATHLETE REGISTRATION INSTRUCTIONS

Washoe County School District and Galena High School utilizes Register My Athlete to register athletes for NIAA sanctioned sports. All student-athletes must register online prior to trying out for a sport. Parents will do the majority of the registration process, but students will need to read and e-sign documents. It is helpful to have the student available during this process.

1: Go to <https://www.registermyathlete.com/login/> and create an account (or log into your existing account). Be sure to keep your login information. You will use it each year you have an athlete playing sports in Nevada. If you have lost your password, please contact the GALENA Athletic Office for help.

2: Click on **START/COMPLETE REGISTRATIONS** then **NEW REGISTRATION**. Click on **SELECT SCHOOL**, then Nevada and type GALENA to select our school. Click **SELECT ATHLETE** and then enter the information for your student-athlete or select your returning athlete's name. Please use the same full legal name the student is registered with at school; do not use nicknames, shortened names or a different last name. Make sure the athlete's address matches the address of their primary guardian in Infinite Campus.

3: **SELECT YEAR/ SPORT**. Make sure you are registering in the correct school year. **NOTE:** It is best to register for all sports the athlete is interested in at this time. You can add sports later into the school year, but you must complete the majority of this process again. If the student-athlete thinks they may be interested in a sport, check that box now.

4: Fill out the **GUARDIAN INFO**. Whoever is listed as Guardian 1 must also be the primary guardian listed in Infinite Campus and must reside at the same address as the athlete.

5: Fill out the student's **HEALTH INSURANCE INFO** and a brief **MEDICAL INFO** questionnaire. If the student does not have health insurance, contact the GALENA Athletic Office for information on purchasing health insurance for HS athletes.

6: **NEVADA QUESTIONNAIRE:** Click on the **NIAA TRYOUT CHECKLIST** and answer the questions by checking the boxes, typing your name and clicking **E-SIGN** that you have read each of the statements. Both the parent and athlete must e-sign. Next is the **HIGH SCHOOL CHECK**. Answer the questions based on your situation. There are many different questions to help make the process as efficient as possible. Check **YES** or **NO** to each question asked and follow the prompts. Read the questions carefully and answer honestly. Answers to these questions may have you complete a transfer application. The transfer process will tell you the student is ineligible until proof of eligibility is provided, this is normal, and documentation can be submitted later in the process. If your situation is not listed, please contact the GALENA Athletic Office for guidance. **Residential Affidavits:** There is a question about students living in the attendance zone on a residential affidavit (defined in RegisterMyAthlete). This is a unique situation and does not apply to most students. If you are unsure, please contact the Registrar's Office for clarification.

7: If your athlete is new to GALENA, you must do a **GUARDIANSHIP AND RESIDENCY VERIFICATION**. Please answer the questions based on your situation. You will need to provide 2 current proofs of address. Any student from a divorced or separated household is also required to provide a copy of the complete divorce decree/custody agreement to prove that the parent living in the GALENA zone has custody of the child. They will also require two current proofs of address for this parent. If the parents have equal custody, the student will establish their athletic eligibility at GALENA upon completion of this verification. Once eligibility is established at GALENA, the student may not transfer to the zone school of the other parent without being subject to the NIAA transfer rules. The NIAA requires the full divorce decree/custody order that has been signed by the judge for this verification, families may redact information unrelated to custody if desired.

8: You can accept or decline the **ADDITIONAL OPPORTUNITIES** then click on **ELECTRONIC DOCUMENTS**. Some of the **ELECTRONIC DOCUMENTS** are general to WCSD/NIAA, some are from GALENA and some are direct from the sport you are signing up for. **Parent & athlete must read and e-sign all acknowledging their understanding and agreement to abide by them.**

PLEASE READ THE PHYSICAL INFORMATION BELOW BEFORE GOING ONTO STEPS 9 & 10

9: The **NIAA PHYSICAL FORMS** must be printed out (3 pages of forms with 1 direction sheet) by clicking the **DOWNLOAD** button. Two of the pages (Form B) will be completed by the student and parent before going to see the doctor. The doctor will sign off on the first two forms, and then complete the third form (Form D). Double check all

STUDENT-ATHLETE REGISTRATION INSTRUCTIONS (Cont'd)

forms for completion, make sure all questions are answered and forms are signed by the parent and athlete. After they are complete, all 3 forms must be scanned and uploaded back into your RegisterMyAthlete account by clicking the **UPLOAD** button. Free scanning apps are available on smartphones if you do not have a scanner. You can also upload **clear and unobstructed** pictures of the physical forms if necessary.

10: The final step is to pay the athletic fee(s) to our school. Fees **must** be paid with the GHS Bookkeeper (cash or check) **or** at GHS Web Store (debit or credit) during the first week of practice for all Fall, Winter and Spring sports.

- \$50.00 Athletic Transportation Fee
- \$25.00 Student Activity Fee
- \$5.00 Impact (Concussion) Assessment Fee
- \$5.00 Athletic Training and Supply Fee
- (\$50.00 Golf Fee if applicable)

Each sport has a **Spirit Pack** Fee. Check with the coach for cost and how to pay.

ACADEMIC ELIGIBILITY: All student-athletes must have earned a minimum of two units of credit (passed at least four classes), failed no more than one class (0.5 unit) and achieved a 2.0 GPA or better on a non-weighted (4.0) scale during the preceding quarter or semester to be eligible to clear for athletics. Incoming freshman are eligible to clear for athletics the 1st quarter of their freshman year. Once an athlete makes a team, grade checks occur every 3 weeks during their season. Specific questions can be directed to the GALENA Athletic Office.

ATHLETES ON SIGNATURE OR ZONE VARIANCES: Students attending GALENA HS on a Signature or Zone Variance are considered “sub-varsity” for their first year **ONLY**. This means they can only be on the Freshman or JV team of a sport. Per NIAA regulations, seniors (12th grade) cannot be sub-varsity. Some sports are considered Varsity only and subvarsity athletes are eligible to practice with the team but cannot compete in these sports their first year unless JV meets are available (cross country, golf, swimming & diving, tennis, track & field, ski). If a student on a signature variance is selected and/or offered an opportunity to play on a NIAA sanctioned varsity sports team, his/her freshman year, the student can **apply for a Magnet Variance** through the Signature & CTE Department. To apply for a Magnet Variance, please contact Julie Henderson jhenderson@washoeschools.net or call 327-3945.

UNIQUE/ SPECIAL CIRCUMSTANCES: If the living situation of the student-athlete/family is unique, please contact the GALENA Athletic Office for guidance.

SPORTS PHYSICAL ADDITIONAL INFORMATION

Incoming freshmen must get a sports physical on the NIAA forms downloaded from the RegisterMyAthlete account or from the Galena High School office.

Returning GALENA students that did NOT have an approved physical from the previous school year must get a sports physical on the NIAA forms downloaded from the RegisterMyAthlete account.

Returning GALENA students that had an APPROVED physical from the previous school year may not need to get a new physical for this year. Physicals are good for two years from the date of the physical. Athletes can complete NIAA Health Questionnaire/Interim Form instead. Go to niaa.com and click on forms; scroll down to Physical (Form E) and print this form or pick up from the Galena H.S. office. Student & parent complete this form. If you checked NO to all questions, you can submit this completed and signed Form instead of a new physical (upload to RMA instead in place of the physical). If you checked YES to any of the questions on Form E, you must get a sports physical on the NIAA forms downloaded from your RegisterMyAthlete account.

Transfer students new to GALENA: If you have an APPROVED physical from the previous school year, you will need to submit your physical and also complete NIAA Form E. Go to niaa.com and click on forms; scroll down to Physical (Form E) and print/complete this form with your parent. If you checked NO to all questions, you can upload the completed/signed Form E AND your physical from the previous school instead of a new physical. If you checked YES to any of the questions on Form E, you must get a new sports physical on the NIAA forms you download from the RegisterMyAthlete account. If you do not have your physical from your previous school, you must get a new physical this year.

QUESTIONS/ADDITIONAL HELP:

Contact Greg Sakelaris, Athletic Director or Julie Schultz, Athletic Secretary

EMAIL: GSakelaris@washoeschools.net or jschultz@washoeschools.net **PHONE:** 851-5630 Ext. 2