

SUMMER ATHLETIC INFORMATION LETTER

The Galena High School Athletic Department would like to welcome you to the 2023-2024 school year. In our thirty-one-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. [WCSD Athletic Emergency Information Form](#)
3. Returning students must have a current physical on file. If student requires an updated physical, the [NIAA Physical Form](#) must be completed.
4. If new to Galena you will need a physical with the [NIAA Physical Form](#) completed. Paperwork is also available at Galena High School's main office.

FALL SPORT SEASON

1. **AKTIVATE** (Formerly Register My Athlete) – www.registermyathlete.com. Student athletes and 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 [Aktivate](#) and then they need to complete one for their athlete. Please see [Student-Athlete Registration Instructions](#) which can also be found on the Galena website www.washoeschools.net/Page/1536. Your athlete will not be listed as completed until a Galena Administrator has verified the attached documents. Administrative approval may not occur until after August 1, 2023. *Please do not call the office to verify the status as there will be no athletic personnel in the office over the summer to assist you.*
2. **PHYSICAL EXAMINATIONS**
Physical examinations are currently required every two years for every athlete and spirit team member. 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 must be completed are available at Galena High School main office, or you may download the physical forms at [NIAA Physical Forms - English](#), [NIAA Physical Forms - Spanish](#) or www.NIAA.com.
 - All five pages need to be completed. Double check all forms for completion, make sure all questions are answered and forms are signed by the parent and athlete. The doctor will keep the first four pages in the students medical file (History form (2 pages) - completed by parent and athlete; Physical Examination Form (1 page) – completed by the doctor; and Athletes with Disabilities Form (1 page) – completed by parent and athlete). The Medical Eligibility Form (last page) will need to be completed by the doctor and must be scanned and uploaded into your student's Aktivate account by clicking the **UPLOAD** button.
3. **Interim NIAA Health Questionnaire – Form E**
This form is required for any athlete who has a current physical on file. The form is available at the Galena High School main office, on the Galena Athletic page [Interim NIAA Health Questionnaire - Form E](#) or you may download the form at www.NIAA.com (click on NIAA Forms, Interim Health Participation Form - E).
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 <https://myers-stevens.com/>. Copies of the brochure can also be picked up at Galena High School in the main office.
5. **ACADEMIC ELIGIBILITY**
All incoming freshmen are eligible to clear for athletics the 1st nine weeks 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.

FALL SPORTS

Cross Country (Boys) Head Coach: Ron Cross Email: galenaxc@gmail.com <p style="text-align: center;"><u>Summer Training:</u> 2023 Cross Country Summer Plan</p>	Cross Country (Girls) Head Coach: Jeff Mann Email: park106@gmail.com <p style="text-align: center;"><u>Summer Training:</u> 2023 Cross Country Summer Plan</p>
Soccer (Boys) Head Coach: Taylor O'Harra Email: galenahsmenssoccer@gmail.com <p style="text-align: center;"><u>Summer Pick-Up Sessions (Optional):</u> Dates: July 19th, 26th & August 2nd Times: 5:00 – 6:30 pm</p>	Soccer (Girls) Head Coach: Nicole Rodriguez Email: galenagirlssoccer@gmail.com <p style="text-align: center;"><u>Summer Training:</u> Dates: July 11th – August 2nd Days & Times: Tuesdays: 8:00 am - 10:30 am Wednesdays: 8:00 am - 10:30 am Thursdays: 5:00 pm - 7:00 pm Cost: \$80</p>
Tennis (Boys) Head Coach: Michael Carley Email: mfcarley07@aol.com <p style="text-align: center;"><u>Summer Training:</u> Contact Coach Carley</p>	Tennis (Girls) Head Coach: Doug Van Aman Email: doug@vanaman.com <p style="text-align: center;"><u>Summer Training:</u> Contact Coach Van Aman</p>
Football Head Coach: Aaron Cook Email: AJCook@washoeschools.net <p style="text-align: center;"><u>Summer Schedule:</u> Contact Coach Cook</p>	Golf (Girls) Head Coach: TBD Email: TBD
Fall Cheer (Boys and Girls) Head Coach: Xavier Gonzalez Email: galenacheer.grizzlies@gmail.com	Volleyball (Girls) Head Coach: Julie Nebeker Email: galenavolley@gmail.com <p style="text-align: center;"><u>Summer Training:</u> Contact Coach Nebeker</p>

WINTER SPORTS

Basketball (Boys) Head Coach: Olek Czyz Email: olek775basketball@gmail.com <p style="text-align: center;"><u>Summer Training:</u> <u>Galena Boys Basketball Summer Program 2023</u></p>	Basketball (Girls) Head Coach: Tiffany O'Day Email: Coachoday@gmail.com <p style="text-align: center;"><u>Summer Schedule:</u> Contact Coach O'Day</p>
Ski (Boys and Girls) Head Coach: Jon Olsen Email: jon-olsen@sbcglobal.net	Winter Cheer (Boys and Girls) Head Coach: Xavier Gonzalez Email: galenacheer.grizzlies@gmail.com
Wrestling (Boys and Girls) Head Coach: Tony Sharron Email: galenawrestling@gmail.com	

SPRING SPORTS

Swimming and Diving (Boys) Head Coach: Casey Brichetto Email: cbrichetto@nevada.unr.edu	Swimming and Diving (Girls) Head Coach: Casey Brichetto Email: cbrichetto@nevada.unr.edu
Track and Field (Boys) Head Coach: Jason Mixie Email: JMixie@washoeschools.net	Track and Field (Girls) Head Coach: Wendy Sullivan Email: WLSULLIVAN@washoeschools.net
Baseball (Boys) Head Coach: Beau Walker Email: BWalker@washoeschools.net	Softball (Girls) Head Coach: Andrea Barton Email: Andrea.Barton@washoeschools.net
Golf (Boys) Head Coach: Stephen Sear Email: stephen.sear@choreoadvisors.com	