

ALONSO HIGH SCHOOL SPORTS INFORMATION WELCOME!

PLEASE SIT TOWARDS THE
FROM SO YOU CAN SEE
SLIDES



ALONSO AWARDS

Our Coaches promote Experience, dedication, relationships, academics which yields success on the field, in the classroom, and off the field

- State Champions Flag
- Baseball Final 4
- Cheer 4th in States
- State Qualifiers Track
- Regional qualifiers in Soccer, Lacrosse, Baseball
- District Champions
- National Recognized athletes
- Students Signing with College to continue their Athletic career
- Several Coaches of the Year winners
- All County Team GPA's Winners
- Our athletes are in Student government, leadership, Academic top 10
- Golden Ravens

Agenda

1. Welcome
2. Athletic Booster
3. Corecourse GPA
4. Review paperwork
5. Meet available Coaches





Mr. Warner
Assistant Principal for Administration /Athletic Director

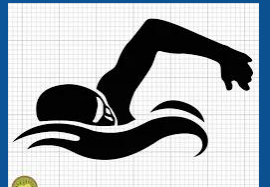
Email Address:
Matthew.warner@hcps.net
Athletics Line:
813-356-1525 ext. 226



Ms. Ocasio
Administrative Assistant for Assistant Principal for
Administration /Athletic Director

Email Address:
Angela.Deocasio@hcps.net

Athletics Line:
813-356-1525 ext 283



Kristen Vega Exiting Booter President

Sign up and be a part of Greatness!

<https://alonsoboosterclub.com/>

The Alonso High School Athletic Booster Club strives to support both athletic and academic excellence by helping our student athletes, teams, coaches/teachers, and school community.

Recruiting Preparation Begins in the Freshman Year

SCAN QR CODE OR ENTER SCHOOL CODES [HERE](#)

If viewing on a printed form, go to the website and click "Free New Member Account" in the top left corner



Write down your login credentials and/or store them in your phone

SCHOOL ID:
101714
STUDENT CODE:
700452311

3-Step Recruiting Process

1

- Software Training Video
- You MUST know your NCAA Core Course GPA
- Enter Courses (membership required)
- Enter NCAA ID and SAT/ACT (many colleges require for admission)
- View Eligibility Status Report
- List of Approved Core Courses
- NCAA/NAIA Quiz

SAT/ACT Score		NCAA Core Course GPA	
Score	Report	Score	Report
1000	1000	4.200	4.200

2

- Recruiting Profile Training Video
- Prepare Your Recruiting Profile
- View Your Profile



3

- Contact College Coaches Directly Training Video
- Contact College Coaches Directly
- View/Edit Recruiting Notes

[NCAA Member Institutions Interactive Map](#)
[NCAA Division I Members](#)
[NCAA Division II Members](#)
[NCAA Division III Members](#)
[NCAA Members by Sport and Division](#)
[NAIA Members](#)
[NJCAA Members](#)
[Big Future - The College Board's College Search](#)



Provided by Alonso High School

Contact: 317-663-3495 or support@corecoursegpa.com

**Want to Play
College Sports?**

**You MUST
Know Your Core
Course GPA.**



CORECOURSEGPA.com

Addressing Recruiting and Eligibility...at its Core.

Alonso High School has teamed up with CoreCourseGPA.com to provide custom online software to all student-athletes to assist in tracking their progress towards meeting NCAA initial eligibility requirements.

CoreCourseGPA.com calculates core course GPA for both the Division I and II, provides corresponding minimum SAT/ACT scores, and a detailed report of core course credits earned and needed.

All student-athletes are encouraged to activate their **FREE** membership to begin tracking their core course GPA and learn more about important recruiting topics. The sooner, the better - every semester counts!

Scan OR Follow Steps Below:

- Step 1:** Go to www.CoreCourseGPA.com
- Step 2:** Click "Free New Member Account"
- Step 3:** Enter School ID: **101714**
- Step 4:** Enter School Code: **700452311**
- Step 5:** Complete Registration Form



SPORTS OFFERED

BOYS:

- BASEBALL (S)
- BASKETBALL (W)
- CROSS COUNTRY (F)
- FOOTBALL (11 MAN) (F& S)
- GOLF (F)
- LACROSSE (PAY TO PLAY) (S)
- SOCCER (W)
- SWIMMING (F)
- TENNIS (S)
- TRACK AND FIELD (S)
- WRESTLING (W)

GIRLS:

- BASKETBALL (W)
- COMPETITION CHEER (W)
- CROSS COUNTRY (F)
- FLAG FOOTBALL (S)
- GOLF (F)
- LACROSSE (PAY TO PLAY) (S)
- SOCCER (W)
- SOFTBALL (S)
- SWIMMING (F)
- TENNIS (S)
- TRACK AND FIELD (S)
- VOLLEYBALL

ATHLETICS IS A PRIVILEGE
2.0 REQUIRED BY LAW TO PLAY
2.5 OR LOWER REQUIRES STUDY HALL
GAME EJECTIONS
HAVE FINES THAT MUST BE PAID BY
STUDENT
POSSIBLE SUSPENSION FROM GAMES AND
TEAM



Athletic Paperwork:

Directions are posted on the School Website! Please communicate with your head coach for assistance. Coaches pre-clear all athletes

All incoming new students must have their coach submit the athletes name to Mr. Warner by 6/6 to be reviewed for Summer conditioning

Names received after 6/6 from Coaches or directly from Parents will not be cleared for Summer conditioning till July.

Athletic Paperwork continued:

TIPS for SUCCESSFUL CLEARANCE:

Gather ALL required materials to upload:

- EL2 (Physical) – MUST be within one calendar year, MUST be on HCPS Form – **download from district web page NEW FORM**
- **Be careful Dr. Office's do not update :-)** they use 2024 still

Athletic Paperwork continued:

High School Student Athletic Procedures (Student Forms)

The following requirements must be completed PRIOR to registration of all student-athletes:

- **Athletic Clearance/Home Campus Instructions**
- **EL2 Physical Form**

(Page 4 of 4 must be completed which includes: signed, stamped, dated, and medically eligible by approved medical personnel. The supplement page may be required.)

- **Three ^{Four 4} required FHSAA Videos** (Concussion for Students , Sudden Cardiac Arrest, and Heat Illness Prevention)

(print all three certificates in student-athlete's name, dated after May 15, 2025)

- **Enrollment & Residential History Form** ▼▲

(print and complete)

- **Purchase Insurance**

(print insurance card)


- Government Issued Photo Identification of parent/guardian who is signing the forms for the student-athlete - address must match Proof of Residence
- Proof of Residence (example: utility bill dated within the last 30 days, mortgage, lease agreement, tax bill, etc.) in the parent/guardian's name
- Birth Certificate of Student-Athlete

Once all of these documents are collected and ready for upload, please complete the online registration for your student-athlete at <https://athleticclearance.fhsaahome.org/>

For assistance with online registration, please use the help button within the program or contact the Assistant Principal for Administration at your student-athlete's school.

Athletic Paperwork continued:

- EL2 2025

 **PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)**
SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL
This form is valid for 365 calendar days from the date of exam.

EL2
Revised 2/25

MEDICAL ELIGIBILITY FORM

Student Information (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Biological Sex: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent

☐ Check this box if there is no relevant medical history to share related to participation in competitive sports.

Provider Stamp (if required by school)

Medications: (use additional sheet, if necessary)
List: _____

Relevant medical history to be reviewed by athletic trainer/team physician: (explain below, use additional sheet, if necessary)
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Concussion ☐ Diabetes ☐ Heat Illness ☐ Orthopedic ☐ Surgical History ☐ Sickle Cell Trait ☐ Other
Explain: _____

Signature of Student: _____ Date: ____/____/____ Signature of Parent/Guardian: _____ Date: ____/____/____

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct. We understand and acknowledge that we are hereby advised that the student should undergo a cardiovascular assessment, which may include such diagnostic tests as electrocardiogram (ECG), echocardiogram (ECHO), and/or cardio stress test.

☐ Medically eligible for all sports without restriction
☐ Medically eligible for all sports without restriction after clearance by medical specialist for: _____
(If this option is checked, additional medical follow-up and clearance prior to sports participation is required. Use EL2 Page 5 for documentation.)
☐ Medically eligible for only certain sports as listed below: _____
☐ Not medically eligible for any sports

Recommendations: (use additional sheet, if necessary)

In accordance with §1006.20(2)(c), F.S., I hereby certify that I am a practitioner licensed under Florida chapter 458, chapter 459, chapter 460, §464.012, or registered under §464.0123, and in good standing with my regulatory board and that I, or a clinician under my direct supervision, have examined the above-named student-athlete using the FHSAA EL2 Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____
Address: _____ Phone: (____) _____
Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

This form is not considered valid unless all sections are complete.

Free Physical



FREE!

SPORTS PHYSICALS

Join us for our **FREE** annual sports physicals event! Physicals will be completed by Dr. Mark Sando, board-certified orthopedic surgeon.

AGES 12+



**Saturday
June 21st**



9:00-11:00AM



**4541 S Dale
Mabry Hwy
Tampa, FL 33611**



DR. MARK SANDO
ORTHOPAEDIC SURGEON



DR. NICK SEXTON
ORTHOPAEDIC SURGEON



Athletic Paperwork continued:

TIPS for SUCCESSFUL CLEARANCE:

Gather ALL required materials to upload:

- Must Purchase School Insurance. Upload ID Card – after purchasing – log back into school health insurance account and download ID card.

***School Insurance of Florida
Student Accident Insurance***

Please cut your insurance card out and retain for your records.

<i>School Insurance of Florida Student Accident Insurance Card</i> Mailing Address: P.O. Box 784268 Winter Garden, FL. 34778 Claims Telephone: 407-798-0290 Policy No: 09-0132-2023	<i>School Insurance of Florida Student Accident Insurance Card</i> Mailing Address: P.O. Box 784268 Winter Garden, FL. 34778 Claims Telephone: 407-798-0290 Policy No: 09-0132-2023
Student Name:	Student Name: OWEN BEACH
School District: Hillsborough Public Schools, School: ALONSO HIGH	School District: Hillsborough Public Schools, School: ALONSO HIGH
Date Paid: 05/24/2022 Amount Paid: \$60.00	Date Paid: 05/24/2022 Amount Paid: \$60.00
Coverage: FBLA Group A Football Lacrosse Termination Date: 05-28-2023	Coverage: FBLA Group A Football Lacrosse Termination Date: 05-28-2023
For FHSAA sports coverage becomes effective on the first FHSAA sanctioned practice date or on the date paid, at 11:59 PM, whichever is the later date.	For FHSAA sports coverage becomes effective on the first FHSAA sanctioned practice date or on the date paid, at 11:59 PM, whichever is the later date.
This ID does not guarantee policy benefits. The student accident insurance plan is secondary, "Excess" coverage to all other sources of primary insurance. Coverage becomes effective on the first day of school or at 11:59 pm on the date paid, whichever is the later date. Coverage effective and termination dates, eligibility, benefits, and exclusions are determined by the actual Master Policy provisions.	This ID does not guarantee policy benefits. The student accident insurance plan is secondary, "Excess" coverage to all other sources of primary insurance. Coverage becomes effective on the first day of school or at 11:59 pm on the date paid, whichever is the later date. Coverage effective and termination dates, eligibility, benefits, and exclusions are determined by the actual Master Policy provisions.

Please visit our website WWW.HCPSATHLETICPROTECTION.COM to view answers to frequently asked questions, or to download another summary of the insurance benefits. Thank you. We appreciate your business!

Sincerely,

School Insurance of Florida

Athletic Paperwork continued:

TIPS for SUCCESSFUL CLEARANCE:

Gather ALL required materials to upload:

- 4 required Video Certificates after completing courses

DOCUMENTS REQUIRED #2 FHSA VIDEO CERTIFICATES

- ❖ Certificates for the 4 required FHSA videos (in student's name) from nfhslearn.com.
- ❖ Upload each certificate in the appropriate places in the files section.



Athletic Paperwork continued:

- Guardian's government issued ID – usually a DL that has matching address for students information on file at school, and MUST match proof of residence. Guardian whose ID is being uploaded should also be the one signing the electronic signatures
- Proof of Residence – MUST be within 30 days of application, MUST match address on file at school, MUST be in guardians name, MUST be “living proof”. Ex: teco, water bill, mortgage. No cable or phone bill accepted. Date MUST show on bill.
- Copy of Birth Certificate
- School Specific Forms - Enrollment Form (uploaded under additional forms) – located in the uploads tab

Athletic Paperwork continued:

Once all documents have been gathered – follow the directions on how to create a new account and follow the steps for uploading and answering all information.

Returners – log in and follow the directions for each step.

Reminder – the medical history should be completed accurately. This is for the safety of your student athlete.

Guardian information and phone numbers become the students medical emergency contact information that coaches can access immediately should an injury occur. Please be accurate and give us a number where you can be reached.

Denials come with specific directions PLEASE READ them. It gives you step by step on what to do to correct any information that is not completed correctly that keeps your student from being cleared to play.

Clearance can take up to 15 days. Please be patient. There is only one of me that does this for all sports, Band and ROTC.

https://athleticclearance.fhsaahome.org/



Language ▼

Florida ▼

Username (Email)

Password

Sign In

[Forgot Password?](#)

or

 Sign In Using Google

Create an Account

SPORTS START DATES

Fall Sports Start Dates:

Football	July 28 2025
Volleyball	July 28 2025
B & G Cross Country	July 28 2053
B & G Swimming	July 25 2025
B & G Golf	July 28 2025

Winter Sports Start Dates:

Competitive Cheer	
Girls Soccer	TBD
Boys Soccer	TBD
Girls Basketball	TBD
Boys Basketball	TBD
Wrestling	TBD

Spring Sports Start Date

Baseball	TBD
Softball	TBD
G & B Track	TBD
G & B Lacrosse	TBD
Flag Football	TBD



FALL SPORTS COACHES



Boys and Girls Cross
Country
Coach Mills

Email:

roger.mills@hcps.net

Website:

ravensdontbllink.com

Twitter:

@RavensXCTnF

On Campus



Volleyball

Coach

Email:
Off Campus



donwols@hotmail.com

Off Campus

Girls Golf

Coach
Email:

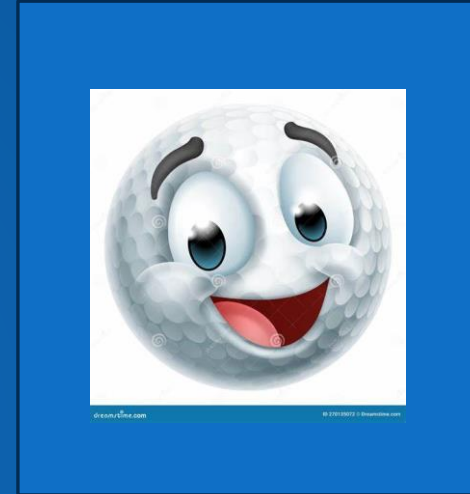


Boys Golf

Coach
Email:

donwols@hotmail.com

Off Campus



FALL SPORTS COACHES



Boys and Girls Swimming

Coach Kobel

Nathalie.Kobel@hcps.net

Coach Larosse

Email:

Matthew.Larosse@hcps.net

Website:

Alonso-acquatics.com



Varsity Football

Coach Cantrell

Email:

Hayden.Cantrell@hcps.net

Twitter:

[@AlonsoRavensFB](https://twitter.com/AlonsoRavensFB)
On Campus



JV Football

Coach Ruff

Email:

Timothy.ruff@hcps.net

Off Campus

WINTER SPORTS COACHES



Boys Basketball

Coach Price

Email:
todd.price@hcps.net

Twitter:
[@AlonsoBoys](https://twitter.com/AlonsoBoys)

On Campus



Girls Basketball

Coach Glassman

Email:
Matthew.glassman@hcps.net

Twitter:
[@RavensBasketball](https://twitter.com/RavensBasketball)

On Campus



Boys Soccer

Coach Wilson

Email:
Matthew.Wilson@hcps.net

Off-Campus



Girls Soccer

Coach Hill

Email:
Timothy.hill@hcps.net

On Campus



WINTER SPORTS COACHES



Competition Cheer

Coach Lucas

Email: Ann.lucas@hcps.net

Instagram
[@Alonsocheer](https://www.instagram.com/Alonsocheer)

On Campus



Wrestling

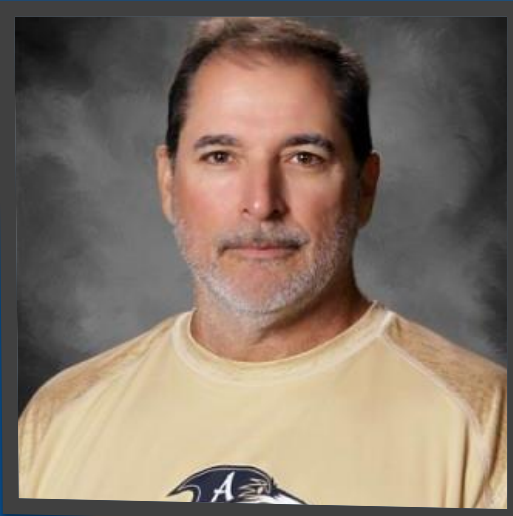
Coach Heldt

Email: Michael.Helhcps.net

On Campus



SPRING SPORTS COACHES



Baseball

Coach Faedo

Email:

landy.Faedo@hcps.net

Twitter:

@goraven7

On Campus



Softball

Coach Kopp

Email:

robin.kopp@hcps.net

Twitter:

@ravenssoftball

On Campus



Girls Track

Email:

Website: ravensdontbllink.com

Twitter:

@RavensXCTnF

On Campus



Boys Track

Coach Mills

Email:

roger.mills@hcps.net

Website:

ravensdontbllink.com

Twitter:

@RavensXCTnF

On Campus



SPRING SPORTS COACHES



Flag Football

Coach Hernandez

Email:

matthew.Hernandez@hcps.net

Twitter:

@RavensFlagFB
On Campus



Girls Lacrosse

Coach Most

Email:

Most3636@yahoo.com

Off Campus



TBD

Boys Lacrosse

Email:

Off Campus



SPRING SPORTS COACHES

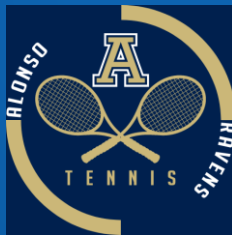


Girls Tennis

Coach Kobel

Email: Nathalie.kobel@hcps.net

Off Campus



TBD

Boys Tennis

Email:

On Campus



THANK YOU !

**THIS SLIDE SHOW WILL BE POSTED ON THE ATHLETIC
PAGE FOR ALONSO**

**FOOTBALL WILL MEET IN 711
ALL OTHER PROGRAMS MEET IN
AUDITROIUM**

HAVE A GREAT SUMMER!