

**ALONSO HIGH SCHOOL
SPORTS INFORMATION
WELCOME!**

**PLEASE SIT TOWARDS THE
FRONT SO YOU CAN SEE
SLIDES**



ALONSO AWARDS

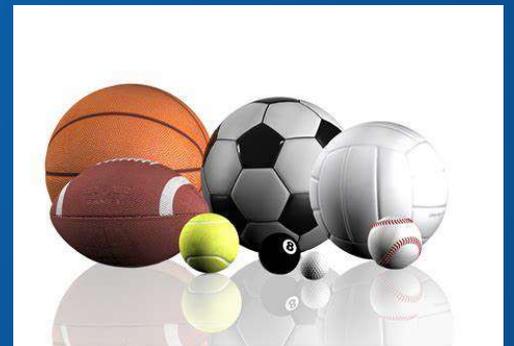
Our Coaches promote experience, dedication, relationships, academics which yields success on the field, in the classroom, and off the field

- All County Team GPA's Winners
- 7th ranked gpa in county out of 28 schools
- All State GPA Winners
- State Qualifiers Track, Swim,
- State Champions Flag, Cheer, Baseball, 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
- 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 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

@ Core Course GPA		@ Core Course Credits	
Year	Grade	Number	Quality
2017	4.0	1.0	4.0
2018	4.0	1.0	4.0
Total	4.0	2.0	4.0

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

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/
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 5/31 to be reviewed for Summer conditioning

Names received after 5/31 from Coaches or directly from Parents will not be cleared for Summer conditioning.

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 2024** be careful Dr. Office's do not update :-)

Athletic Paperwork continued:



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 signed below.

EL2

Revised 4/24

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: (____) _____

The preparticipation physical evaluation must be administered by a practitioner licensed under Florida chapter 458, chapter 459, chapter 460, §464.012, or registered under §464.0123, and in good standing with the practitioner's regulatory board. (§1006.20(2)(c), F.S.)

- Medically eligible for all sports without restriction
 Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*

 Medically eligible for only certain sports as listed below:

 Not medically eligible for any sports

Recommendations: *(use additional sheet, if necessary)*

I hereby certify 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 #: _____

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.

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

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• EL2 2024
• 4/24

Free Physical



FREE SPORTS PHYSICALS



AND \$20 CARDIAC SCREENINGS

Saturday July 13, 2024
9 am-11 am

4541 S Dale Mabry Hwy
Tampa, FL 33611

SCAN ME TO PREREGISTER



<https://www.whoweplayfor.org/florida-hillsborough>



Provided By:

ORTHOPAEDIC
MEDICAL GROUP
OF TAMPA BAY



WHO WE
PLAY FOR



Please bring all required paperwork.

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.

School Insurance of Florida Student Accident Insurance Card Mailing Address: P.O. Box 784268 Winter Garden, FL, 34778 Claims Telephone: 407-798-0290 Policy No: 09-0132-2023	School Insurance of Florida Student Accident Insurance Card 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!

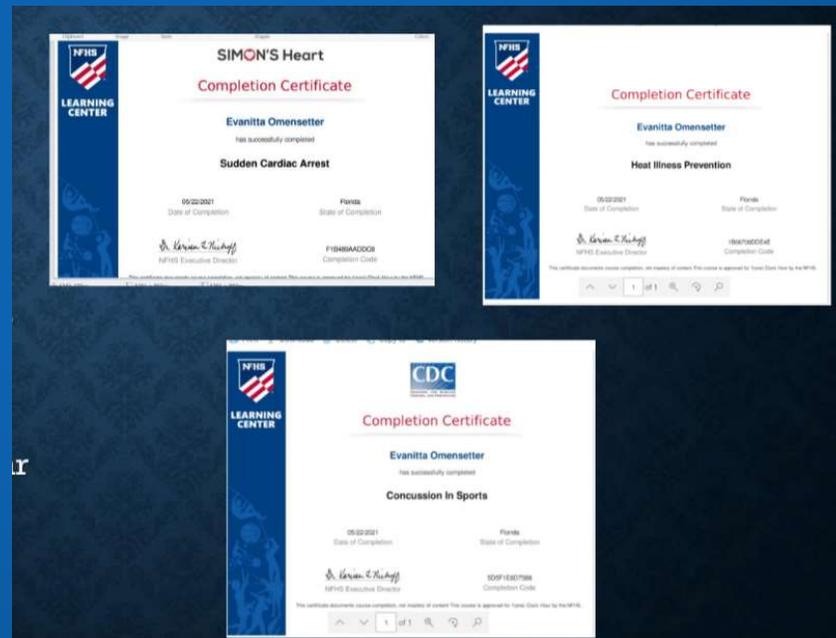
Sincerely,
School Insurance of Florida

Athletic Paperwork continued:

TIPS for SUCCESSFUL CLEARANCE:

Gather ALL required materials to upload:

- 3 required Video Certificates after completing courses
- Certificates for three required FHSAA videos(in students full name) From nfhslearn.com
- Upload each Certificate in the Appropriate places in file sections
- Videos must be completed after May 15th 2024 of the current year to be Accepted for the 2024-2025 school year.





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”. Eg: 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.

Coaches are your primary Contact for Paperwork. Coaches pre-clear athletes and then submit to me any questions please start with your coach.

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 during the school year. 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 29 2024
Volleyball	July 29 2024
B & G Cross Country	July 29 2024
B & G Swimming	July 29 2024
B & G Golf	July 29 2024

Winter Sports Start Dates:

Competitive Cheer	TBD
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

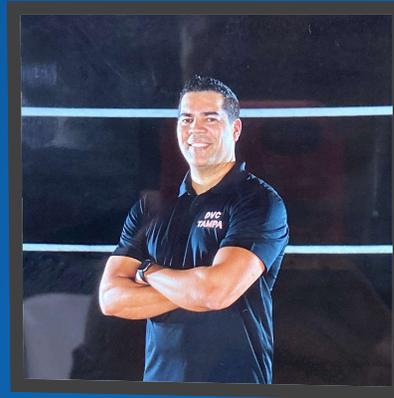


FALL SPORTS COACHES



Boys and Girls Cross
Country
Coach Mills
Email:
roger.mills@hcps.net

On Campus



Volleyball
Coach
Email:

cmarcano2001@gmail.com

Off Campus



Boys/Girls Golf

Coach Frisby
Email:

Thomas.frisby@hcps.net

Twitter:

@Alonsohsgolf
On 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

On Campus



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

On Campus



Girls Basketball

Coach Glassman

Email:

Matthew.glassman@hcps.net

Twitter:

@RavensBasketball

Off 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



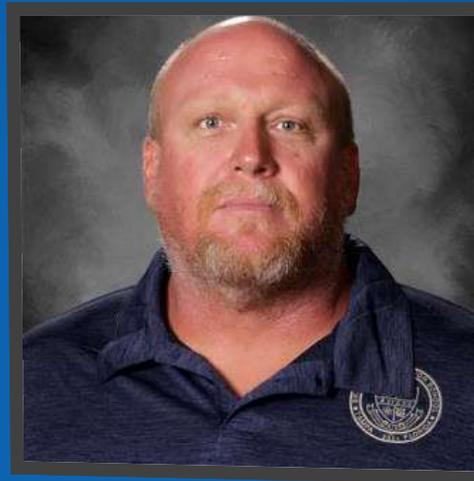
Competition Cheer

Coach Lucas

Email: Ann.lucas@hcps.net

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

On Campus



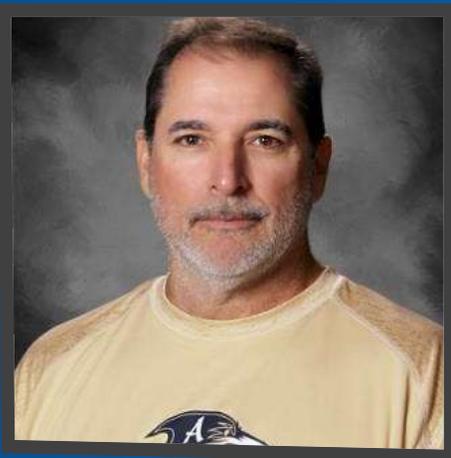
Wrestling

Coach Heldt

Email: Michael.Heldt@hcps.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



Boys/girls Track

Coach Mills

Email:

roger.mills@hcps.net

Twitter:

@RavensXCTnF

On Campus

SPRING SPORTS COACHES



Flag Football

Coach Hernandez

Email:

matthew.Hernandez@hcps.net

Twitter:

@RavensFlagFB
On Campus



Girls Lacrosse

Coach Wagner

Email: mmwagner4@msn.com

Off Campus



Boys Lacrosse

Coach Klaus

Email:

eklaus15@gmail.com

Twitter:

@Alonso_Lax
Off Campus



SPRING SPORTS COACHES



Girls Tennis

Coach Kobel

Email: Nathalie.kobel@hcps.net

Off Campus



Boys Tennis

Coach Frisby

Email: Thomas.frisby@hcps.net

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
MEDIA CENTER
HAVE A GREAT SUMMER!**