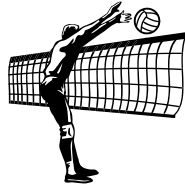




# EL DORADO HIGH SCHOOL ATHLETICS



**Like to play Sports?** If the answer is yes, you will want to get involved in Athletics at El Dorado High School. The opportunities are abundant and the sports change with the seasons. Choose your favorite sport each season (fall, winter or spring) and the rewards will be many.

**Meet our Staff:** EDHS Coaches from each sport, along with the Athletic Director, will be in attendance at the Freshman Orientation and Back to School Night (specific dates provided on the school website: <http://cougar.eduhsd.net>). They will be available to answer any questions you may have and discuss the requirements to play each sport. We encourage parents and incoming students to talk to them and get the answers to your questions.

**The Athletic Handbook:** Please pick up an athletic handbook and get cleared prior to each season. Take time to read and fill out the necessary forms including student and parent signatures. Once cleared the athletic hand book is good for the entire year but you must get "cleared" in the front office for each season you participate. Included in the clearance packet is paperwork to get an annual "physical". A physical can be done privately or at our *Sports Physical Night*, offered once a year in the spring. Our local doctors and the high school coaching staff offers the clinic at Marshal Medical Center. Check with our school office for the date in May (622-3634 x 1010). The cost is \$10.

- ❑ **Keep your grades up.** To participate in athletics, you must maintain a minimum G. P. A. of 2.0. All freshmen are eligible the first quarter. After that your eligibility is determined by your quarter and semester grades.
- ❑ **Some sports have preseason conditioning.** Listen to the daily bulletin so that you will know when meetings are scheduled and when sign-ups begin. Summer camps, workouts, and summer leagues are offered for some sports. Contact your individual coaches for information (*see directory on reverse side*).

Fall	Winter	Spring
<p><u>Practice starts in August</u>            Football ▪ Cross Country            Girls Volleyball ▪ Water Polo            Boy's Soccer ▪ Girl's Golf            Cheerleading</p>	<p><u>Practice starts in November</u>              Skiing/Snowboarding            Girl's and Boy's Basketball            Wrestling</p>	<p><u>Practice starts in February</u>            Track ▪ Baseball ▪ Softball            Boy's Golf ▪ Swimming            Boy's Volleyball ▪ Baseball            Girl's Soccer</p>

