

Redmond High School Sports Clearance

All student-athletes must go through the clearance/eligibility process to participate in a sport at RHS

WINTER SPORTS PRACTICE/TRYOUT DATES

November 11th - Gymnastics (no cut sport)

The following Winter Sports begin November 18th

*Boys Basketball (cut sport)

*Girls Basketball (cut sport)

Boys Swim & Dive (no cut sport)

Boys and Girls Wrestling (no cut sport)

*Attendance is mandatory at tryouts for cut sports

Athletic/Bookkeeping Office Hours

Athletic Office 7:30 a.m. to 2:30 p.m.

Bookkeeping Office – 9:00 a.m. to 2:15 p.m.

The bookkeeper's window is also open during all three lunches.

Sports Clearance/ Eligibility Process

Step One: Bookkeeper's window or Pay Online

- Buy an ASB Card - \$40
- Pay the \$275 Participation Fee
- Pay ALL fines outstanding

Step Two: Athletic Office

- Submit receipt of payment from the bookkeeper or the online payment confirmation.
- Submit the following forms.
 - [Interscholastic Athletics Registration Form](#)
 - **Physicals expire every 2 years; however, this form must be completed each school year.** If your student's physical is current, simply leave the doctor portion of the form blank. **Physicals MUST BE CURRENT to the end of season that the athlete is participating in.**
 - **Proof of insurance** – all students wishing to participate in RHS sports *must* have health insurance coverage. If your student does not have insurance please contact the athletic office about purchasing low-cost student coverage.
 - [Emergency Form](#)
 - [Health History and Authorization for Use of Disclosure Form](#)
 - [Sports Specific Liability Form](#)

[Concussion-Lysted](#), [The Drug, Alcohol, Tobacco & Hazing Policy](#), [Parent Information – Parents/Athletes](#) will sign the *Interscholastic Athlete Form* stating they have read and agreed to these policies. Forms are to be kept for your reference.

- Academic Eligibility - grades will be checked by the Athletic Secretary – *Home School, Choice School and Private School students must provide a copy of their previous semester GPA grades.*

******* IMPORTANT INFORMATION*******

- **Once an athlete completes Clearance, they will be given a Clearance Card that must be given to the coach on the first day of practice/tryouts.**
- **Clearance will not be issued outside of the designated hours.** Sports packets/payments left at the office or given to the coach will be returned to the athlete to be submitted during office hours.
- **Please plan ahead and do not wait until the first day of practice/tryouts to clear.** Missing forms, signatures, payment and/or sports physicals not valid to the end of season will result in clearance not being issued and the athlete missing first day of practice/tryouts.

Mary Ganz – Athletic Office – mganz@lwsd.org – (425) 936-1867

Head Coach Contact Information:

Boys Basketball – Brian Lund – CoachBLund@comcast.net
Girls Basketball – Kim Gervasoni – Gervasoni33@yahoo.com
Gymnastics – Jason Farr – Jason@eastsidegymnastics.com
Boys Swim – Julie Barashkoff – Coachjulieb@yahoo.com
Boys and Girls Wrestling – Paul Mullen – Pmullen@lwsd.org