



2025-2026 Athletic Clearance Process

In order to be cleared to participate in athletics, all athletes must have a completed and up to date physical on file. **The Athletic Clearance expires one year from the date of the medical examination.** If your child's medical clearance expires during the season, your child will no longer be eligible until proof of an updated medical examination is provided to the school.

Clearance Window: Turn in your Athletic Clearance between May 1- July 31, 2025 in order to be cleared for FALL & YEAR ROUND sports.

<u>FALL SPORTS</u>	<u>WINTER SPORTS</u>	<u>SPRING SPORTS</u>	<u>YEAR-ROUND SPORTS</u>
<ul style="list-style-type: none"> ● Football ● Girls Flag Football ● Tennis-Girls ● Volleyball-Girls ● Water Polo-Boys ● Cross Country ● Golf-Girls 	<ul style="list-style-type: none"> ● Basketball-Boys/Girls ● Soccer-Boys/Girls ● Wrestling-Boys/Girls ● Water Polo-Girls 	<ul style="list-style-type: none"> ● Baseball ● Softball ● Swim/Dive ● Tennis-Boys ● Golf-Boys ● Track ● Volleyball-Boys 	<ul style="list-style-type: none"> ● Cheer ● Marching Band ● Color Guard ● Esports

1. Visit <https://www.homecampus.com/login> to create an account for your child if they are new to Sunny Hills High School. If your child is a returning student, please log in and update your account.

Choose **“Sunny Hills (CIF-SS)”** and the school year **“2025-2026”**

Complete all the sections

- Student Info
- Medical History
- Parent/Guardian Info
- Electronic Signatures
- PLEASE SELECT ALL SPORTS YOUR CHILD WILL PARTICIPATE IN.

2. Download and Print the Physical Examination Form. Forms are also available in Room 6. [Physical Examination Form](#)

3. Schedule a physical with a licensed physician and have the Physical Exam Form completed. A signature is required by a licensed physician or a physician assistant indicating your child is healthy and physically able to participate in our athletic program. *Make sure your physician signs, dates, stamps the form and marks the box stating the athlete is “Medically Cleared Without Restriction”.

4. Upload the Physical Examination Form to your personal account on the website <https://www.homecampus.com/login>

Your data will be electronically filed for review. Upon Clearance, you will receive an email notification.

**Medical Insurance is required in order to participate in a sport. For more information on purchasing coverage, please visit <https://myers-stevens.com/>

Questions: Please email Athletic Director, [Paul Jones](#)
Or Activities Secretary, [Jill Huss](mailto:jhuss@fjuhsd.org) jhuss@fjuhsd.org