



## **Athletic Clearance Process**

In order to be cleared to participate in athletics for the 2022-2023 school year, 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.

### **Fall Sports:**

**Football**  
**Tennis-Girls**  
**Volleyball-Girls**  
**Water Polo-Boys**  
**Cross Country**  
**Girls Golf**

### **Winter Sports:**

**Basketball-Boys/Girls**  
**Soccer-Boys/Girls**  
**Wrestling**  
**Water Polo-Girls**

### **Spring Sports:**

**Baseball**  
**Softball**  
**Swim/Dive**  
**Tennis-Boys**  
**Boys Golf**  
**Track**  
**Volleyball-Boys**

**\*\*\*Cheer / Marching Band / Color Guard / Dance Production (all 3 seasons)**

**\*\*\*Please Read #1, 2, & 3 Before Registering\*\*\***

Follow these three easy steps to complete your athletic clearance:

1. Register for an account on <https://www.homecampus.com/login>. During this process you will:

- Choose "Sunny Hills (CIF-SS)" on the list and the School Year "2022/23".
- Have an opportunity to register for multiple sports and choose those you will be participating in at the end of the process.
- Complete all the sections on <https://www.homecampus.com>:
  - Student Info
  - Medical History
  - Parent/Guardian Info
  - Electronic Signatures (consents, acknowledgements and waivers)
  - Optional Donation
- Download and print the Physical Examination Form from <https://www.homecampus.com> or [here](#) and proceed to step #2

2. Schedule a physical with a licensed physician and have the Physical Examination Form completed. **A signature of a licensed physician or physician assistant indicating your child is healthy and physically able to participate in our athletic program is required. The medical clearance expires one year from the date of the medical examination. Physical forms completed by nurse practitioners or chiropractors will not be accepted.**

3. Upload the completed and signed Physical Examination Form to <https://www.homecampus.com> (upload page 3 only).

**All of this data will be electronically filed for our review. When your student athlete has been cleared for participation, an email notification will be sent.**

Do you need to purchase insurance? (Medical insurance is required in order to participate in a sport.)

Click on the image below for more information regarding purchasing coverage from Myers-Stevens.

2020-2021  
School Year

Student Accident &  
Sickness Insurance-  
Now More Important  
Than Ever!

PROTECT YOUR  
CHILD TODAY!

Enroll online at  
[www.myers-stevens.com](http://www.myers-stevens.com)

The advertisement features two circular graphics: one on the left showing a football player in a white jersey with the number 21, and one on the right showing a soccer player in a white jersey. The background is a light blue and orange gradient.

**Please contact Mrs. Huss in the Activities Office at (714) 626-4269  
or email her at [jhuss@fjuhsd.org](mailto:jhuss@fjuhsd.org)**