

To: Prospective Athletes at Escondido High School
From: Steve Bridges, Athletic Director, EHS
RE: Sports Interest Information 2021-2022

The Administration, staff, and coaches want to welcome you to Escondido High School. As a Cougar, you will participate in a competitive program that will allow you to have many personal successes, while having fun! You will make new friends, develop new skills, and be associated with fine coaches that contribute to the strongest winning tradition in the North County.

At Escondido High School we have individual sports, and we are continually trying to meet the needs of our student/athletes. The opportunity to add to our student/athlete's education, character, emotional and physical development is of vital importance through extra-curricular athletics at Escondido High School.

Cougar student/athletes will be part of an athletic program rich in tradition, and competing in a manner that our school, parents, and self will be proud of.

Sports Seasons

Place an "X" by the sports that may interest you. Please mark neatly

Fall

- Boy's Cross Country
- Girl's Cross Country
- Football
- Girl's Tennis
- Girl's Volleyball
- Boy's Water Polo
- Girl's Field Hockey
- Girl's Golf
- CIF Cheer

Winter

- Boy's Basketball
- Girl's Basketball
- Boy's Soccer
- Girl's Soccer
- Girl's Water Polo
- Wrestling

Spring

- Boy's Baseball
- Boys Golf
- Boy's Swimming
- Girl's Swimming
- Boy's Tennis
- Girls Softball
- Boy's Track and Field
- Girl's Track and Field
- Boy's Volleyball

(A fully equipped weight room is available.)

Participation Requirements:

1. Current medical exam (physical.) **Must be completed AFTER July 1st each year.**
2. Clearance form, including insurance information, parent consent and sport liability.
3. Signed CIF Ethics form by student/athlete and parents or legal guardian.
 Available online - (<https://formreleaf.com/organizations/escondido-high-school>)
4. Signed District Code of Conduct form.

Additional Benefit: Students are encouraged to purchase an ASB card for \$30.00.

ATTENTION PARENTS: Our school district does not provide medical insurance coverage for students who are injured at school. The district does offer information regarding low cost supplemental student medical insurance. This medical insurance information will be available at the beginning of school with other student information. Parents are encouraged to purchase this medical insurance for their uninsured student.

If you have any questions concerning our Athletic Program at Escondido High School, please call me at 760-291-4030. If you have any questions regarding a particular sport, please feel free to contact the Head Coach for the sport.

Print Neatly and Clearly

Student/Athlete _____ Phone _____
 Address _____ Zip _____
 Student Email _____ Parent Email _____

Completed form should be emailed to Maria Nielsen at mnielsen@euhsd.org