

NORTHGATE HIGH SCHOOL ATHLETICS 2008-2009

Requirements

Grades: Minimum 2.0 GPA

Physical: Every athlete is required to turn in the COMPLETED AND SIGNED **MDUSD Athletic Activity Clearance Form** to their coach **prior** to being allowed to participate in tryouts, practices or games. **Print** out the form here or pick it up at Northgate's Main Office. **Sports Physicals** will be performed in the girl's locker room at **630pm on Aug 13**.

Physicals cost \$50 and proceeds go to the Bronco Athletic Boosters.

Your own primary care physician may also perform the physical; **make sure you take the Athletic Activity Clearance Form with you so that your physician can fill it out and sign it.**

IMPORTANT: The district accepts physicals for a one-year period providing they are completed after July 1, 2008.

Other requirements: PROOF of Accident Insurance (on the Athletic Activity Clearance Form) and a SIGNED NON-USE of STEROIDS Contract.

Athletic Administrator: **TBA**

Athletic Director (Past): Jon Campopiano nghscampo@gmail.com

Sports Medicine: Glen Barker barkerg@mdusd.k12.ca.us

COACH ROSTER

FALL PRACTICE BEGINS AUG18	WINTER	SPRING
CROSS COUNTRY - Michael Cuglietta cuglietta@comcast.net	BOY'S BASKETBALL (V) - Steve Mitchell Ph: 457-7700	BASEBALL – Jon Campopiano nghscampo@gmail.com
FOOTBALL (V) - Justin Lowell lowellj@mdusd.k12.ca.us	GIRL'S BASKETBALL(V) - Kelly Sopak ksopak@comcast.net	BOY'S GOLF - (V) Bob Johnson johnsonrd@mdusd.k12.ca.us 938-0900 x 3520
GIRL'S GOLF - Bob Johnson johnsonrd@mdusd.k12.ca.us 938-0900 x 3520	BOY'S SOCCER - Richard Thow nhs_soccer@hotmail.com	BOY'S LACROSSE - Craig Eller CraigEller@aol.com
GIRL'S TENNIS - Verna Ogden bvo@astound.net	GIRL'S SOCCER - TBA	GIRL'S LACROSSE - Bridget Carney
GIRL'S VOLLEYBALL(V) - Jim Changaris coachchangaris@sbcglobal.net	WRESTLING – Carlos Sumolong carlos@vqfitpros.com	SOFTBALL - Harry Hendry h-hendry@dealeremail.com
BOY'S WATER POLO - Jim McClelland jmcclelland@mdm-architects.com Eric Lewin eric.lewin@Nissan-Usa.com Cameron McClelland rocklobsterburrito@hotmail.com Steven Woods twigytwo@yahoo.com		SWIMMING - Mike Heaney mikeheaney@sbcglobal.net
GIRL'S WATER POLO - Gab Flores floresg@mdusd.k12.ca.us Mike Zamolo mike.zamolo@gmail.com		BOY'S TENNIS – TBA
BASEBALL – Jon Campopiano nghscampo@gmail.com (begins Sep 15 th)		TRACK - Michael Cuglietta cuglietta@comcast.net
		BOY'S VOLLEYBALL – Jim Changaris coachchangaris@sbcglobal.net