



BRANHAM HIGH SCHOOL
HOME OF THE BRUINS

WOMEN'S VOLLEYBALL 2018
ABOVE THE LINE

Summer Information

Summer workouts/conditioning will run on a Monday, Tuesday, Wednesday, and Thursday schedule (except for the week of July 4th, when summer conditioning will run Monday, Tuesday, and Thursday). Times will vary due to Branham's sports summer camp schedules.

Although summer workouts are not mandatory, they are HIGHLY recommended.

Tryout Information

Tryouts will be held on the following days:

- 🐾 Friday, August 3rd – double day
- 🐾 Monday, August 6th – double day
- 🐾 Tuesday, August 7th
- 🐾 Wednesday, August 8th (TBD, if needed)

Double Day Times (August 3rd and August 6th)

- 🐾 Morning Session (everyone trying out for the 2018 Women's' Volleyball Season) – 9:00 am to 10:30 am
- 🐾 Evening Session:
 - Junior Varsity Tryouts – 5:00 pm to 7:00 pm
 - Varsity Tryouts – 6:30 pm to 9:00 pm

August 7th

- 🐾 Junior Varsity Tryouts – 5:00 pm to 7:00 pm
- 🐾 Varsity Tryouts – 6:30 pm to 9:00 pm

Tryout Location: The Bruin Den (Main Gym)

Thursday, August 9th - First Season Program Practice

Tryout Preparation

Please be prepared with appropriate athletic attire/footwear (no tank tops or club attire), water bottle, knee pads, and a positive attitude. To prepare for the upcoming tryouts, here are a few suggestions and expectations (HINT: summer workouts will help you with this):

- 🐾 Be able to run a mile in a time faster than 9:00 minutes
- 🐾 Be able to run a bleacher mile & Be able to complete an "X"
- 🐾 Sit-ups, push-ups, sprints, etc.

If you cannot attend any part of tryouts, please e-mail Coach Cooper at coachcooper@branhamvolleyball.com

(PLEASE SEE PAGE TWO REGARDING TO THE PROCESS ON WHAT IS REQUIRED TO TRYOUT)

In order to tryout [ON AUGUST 3RD](#), you must complete the following:

1. Schedule a sports physical with a physician.

PLEASE NOTE THAT PHYSICALS ARE ONLY GOOD FOR ONE SCHOOL YEAR, SO ATHLETES SHOULD WAIT UNTIL AFTER JUNE 10, 2018 TO GET THEIR PHYSICAL FOR 2018-2019 YEAR.

The next round of sports physicals scheduled at BHS for Wednesday, August 1, 2018 at 2:00pm in the Athletic Training Room (first come, first served, cost is \$20). Bring a completed copy of the 2018-19 Athletic Physical Form (See below) for the doctor to sign.

You may also schedule a sports physical with your family physician or with the office of Dr. Tomlinson at 3076 Union Ave, 408-559-3626 for \$20. Bring the 2018-19 Athletic Physical Form (See below) with you for the doctor to fill out. Student/athletes and parents complete the rest of this form.

2. Complete the online registration process.

Go to www.athleticclearance.com and create an account. You will need to upload your completed Athletic Physical Examination Form to complete the process. **Returners: you DO NOT need to create a new account, log on to your current account to complete the steps.**

Athlete Clearance Instructions for Athletes and Parents

1. Go to www.athleticclearance.com and click on California
2. Under the Login Section, click the "Register" button
3. Complete the information on the right side under "Register" and click "Submit"
4. Enter the provided code in the box and click "Submit"
5. Click the "Start Clearance Here" button on the top left
6. Select "2018-2019" from the dropdown menu
7. Select "Branham (CIF-CCS)" from the dropdown menu
8. Select the sport you wish from the dropdown menu, click "Submit" (you will have the option to add additional sports later in the process)
9. Complete all the information for "Step #1". **Be sure to upload your completed 2018-2019 Physical Form.** Click "Save" at the bottom of the page
10. Complete all the information for "Step #2". Click "Save" at the bottom of the page
11. Complete all the information for "Step #3". Click "Save" at the bottom of the page
12. Read and complete E-signatures for all documents for "Step #4". Athletes and parents will be held accountable for all information agreed to on this page. Click "Submit" at the bottom of the page
13. Branham High School asks that families make a \$75.00 participation donation for each sport that an athlete plays. You may click "Donate Now" or "Skip to Confirmation"
14. You will receive a confirmation message, you will have the option at the bottom of the page to apply this clearance to additional sports.

Note: the confirmation e-mail from Athletic Clearance does not clear your athlete to tryout for any sport until the Athletic Department has cleared the following on the Athletic Department Portal:

- I. Current Physical Form Uploaded
- II. GPA
- III. Student Information Section Completed
- IV. Parent/Guardian Information Completed
- V. E-Signatures Section Completed

If you have any questions/concerns, please e-mail Coach Cooper at coachcooper@branhamvolleyball.com