



To: Incoming 9th graders/2020 football players

From: Richard Salazar, Head Football Coach

Subject: 2020 FOOTBALL SEASON

Fullerton Football is preparing to enter the new football season and is excited for our incoming freshmen to begin this process with us.

We are extremely pleased with the new look of our football program. One of the most important aspects of having a successful season in the fall depends on the work that we put in during the summer.

We are excited to get started with so many talented athletes that will become freshmen. We can't wait to get started, however, with the Covid-19 restrictions we are in a holding pattern for the time being. We will keep you informed as to a tentative start date as soon as we are notified by the school district and the state. If things work that we are able to start on June 1, this would be our tentative schedule.

****Fullerton Football Summer Program****

Date: Plan A June 1–July 9 (break July 11-August 3)

Plan B July -Aug (no dead period)

Plan C Start in August

Days: Monday – Thursday (Fri off)

Time: 3-5:30pm freshman

2:30 for check in (must have physical and
athleticclearance.com filled out prior to participation)

3-6:15pm varsity

“TIMES subject to change”

Activities:

Weight Training

Speed Training

Football Skills

Location: Fullerton Football Field

Physicals and School Athletic Clearance must be completed Prior to the Football Season to Participation!!!

Students need to have the following information submitted to the school before they can begin practice.

1. You must have a physical completed, be cleared by the school to play sports and proof of insurance. If you have any questions regarding a physical the coaching staff can give you more information. Please do not hesitate to ask. In regards to insurance, all athletes are required to have medical insurance. Parent or guardian family insurance is sufficient (Blue Cross, Cigna, Kaiser, Medicare, Medical, etc.) You can also purchase insurance through the school which will cover you for the school year. The forms are available in the main office and from the athletic director.
2. Dress: You may wear shorts/sweats and a T-shirt or you can get official Fullerton football gear with a donation of \$350 which will include a spirit pack. Contact our booster president for more info.
Fullertonfootballinfo@gmail.com
3. We encourage ~~all~~ student-athletes to purchase their ASB cards before school begins so that they are able to enjoy all events and activities free of charge or at a reduced rate.
4. A minimum 2.0 grade point average must be maintained to play football (or any sport) Passing 5 classes.
5. If Covid 19 doesn't change our plans, we intend to have a three week dead period from July 12- August 2. This is where players will be off of practice. Please attempt to plan any major vacations during this time. Students will always have Friday, Saturday, and Sunday off for any smaller vacations. The weight room and other speed equipment will be available. Weight room will be open during dead period TBD

Fullerton Football is taking the steps necessary to become a successful program that the entire community can be proud of. All incoming freshman and all 2020 football players, will be a big part of our success. We look forward to meeting you all and are excited to get to work!

Physical Exam/Athletic Clearance Information:

Student Athletes must be Athletically Cleared before they will be permitted to try out or participate in sports.

There are 3 parts to the Athletic Clearance Process:

- 1) The physical exam and student medical history using the District approved forms attached below.
- 2) Accessing AthleticClearance.com and entering student information and giving parent permissions.
- 3) From AthleticClearance.com, the print out of the Signature/Confirmation page with wet signatures of parent and student.

All athletes are required to submit a new physical every year. Physicals DO NOT roll over from year to year. Physicals need to be done prior to the football season to participate.

Physicals MUST be completed by a licensed physician or physician's assistant. Physicals completed by a chiropractor or physical therapist **WILL NO LONGER BE ACCEPTED.*****

Families can choose any doctor they like or use [Pacific Urgent Care Center](#) who has agreed to work with FUHS for the Athletic Clearance process. Pacific Urgent Care Center charges \$35 for a sports physical exam.

Pacific Urgent Care Center

[1006 E. Bastanchury Road](#)

[Fullerton, CA 92835](#) (Stater Bros. Shopping Center)

714-255-1790

Office hours: 8:00 AM - 8:00 PM

Please go to [AthleticClearance.com](#) to complete the Athletic Clearance process. Athletic Clearances need to be renewed every year. All clearances expire on May 31, 2020 for the 2019-2020 school year.

Once you completed the process please submit documentation in the manner listed below during these quarantined times.

- 1) Scan or take a picture of all documents. (Physical Exam, Kaiser Medical Exam, Medical History, Athletic Clearance Confirmation Signature page)
- 2) Email all documents (pic/scan) to me at (jolivas@fjuhsd.org).
- 3) Have the player specify in the email which sport(s) they will be playing for the 2020-2021 school year.
- 4) Copy their parents in the email.

I will send a confirmation email to each player once they have completed the submission of documents online. If corrections need to be made, I will send a request for corrections or more documentation to the player.

If you have any questions, please do not hesitate to email :

MSilva@famerbros.com (Freshman Head Coach)

Sincerely,

Richard Salazar

Rsalazar@fjuhsd.org

Fullerton Head Coach