

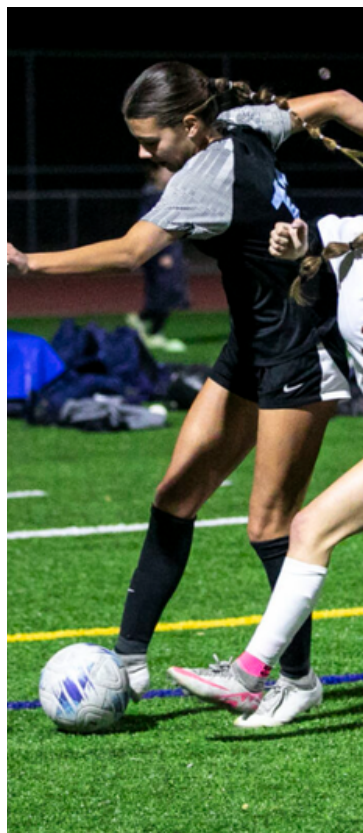


SAUGUS HIGH SCHOOL



# 2025-2026 ATHLETICS PACKET

Make sure to visit **[www.SaugusCenturions.com/Athletics](http://www.SaugusCenturions.com/Athletics)**  
for more information and links to registration sites



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# A Message from the Athletic Directors

At Saugus High School, athletics are an integral part of the high school experience. High school athletics have the ability to unify campus and community, as student-athletes take to the field, court, track, and pool in pursuit of athletic excellence. The athletics program at Saugus High School would not be able to operate without the hard work of our coaches, athletic trainers, teachers, administration, custodial and grounds crew, office staff, and ASB. Most importantly, our school's success begins with supportive families at home.

Since Saugus High School opened in 1975, our sports teams have combined to win over 115 League Championships, 25 CIF Championships, and 10 State Championships. There have also been numerous CIF and State Individual Champions in swim, track and field, and cross country.

Centurion athletic programs compete in the Foothill League, which is comprised of Hart High School, Canyon High School, Valencia High School, West Ranch High School, Golden Valley High School, and Castaic High School. All of our teams compete within the CIF-Southern Section, which has 558 member schools. For each sport's playoffs, the Southern Section is separated into divisions based upon factors such as enrollment, league, geographic location, and previous year's performance.

The Saugus community has an extremely high standard with regard to sportsmanship and conduct. We expect that both our coaching staff and student athletes uphold these standards at all times. We also expect that spectators at our games exhibit the same behavior towards our coaches, students, and sporting officials.

We highly encourage prospective and current students to take advantage of the excellent sports teams that are offered at Saugus High School.

For more information about our athletic programs, tryouts, and other opportunities, please stop by the Athletic Director's Office to speak with a member of our staff.

**Thank you, and Go Centurions!**

**George Lopata**

Athletic Director

[glopata@hartdistrict.org](mailto:glopata@hartdistrict.org)

661-297-3900 ext. 3055

Fax: 661-296-4687

**David Russell**

Athletic Director

[drussell@hartdistrict.org](mailto:drussell@hartdistrict.org)

661-297-3900 ext. 3045

Fax: 661-296-4687

Cross Country	Softball
Boys & Girls Basketball	Boys & Girls Golf
Boys & Girls Tennis	Boys Volleyball
Boys & Girls Lacrosse	Cheer

Football	Swim & Dive
Flag Football	Baseball
Girls Volleyball	Track & Field
Boys & Girls Soccer	Cheer



# *Steps to Complete* **ATHLETIC CLEARANCE**

**2025-2026 School Year**

**Complete these steps in the correct order or your Athletic Clearance will be delayed!**

## **Step 1: Register on AthleticClearance.com**

- Go to [www.AthleticClearance.com](http://www.AthleticClearance.com)
- Navigate to Saugus High School (CA) and register for the 2025-2026 school year
- Finish all pages or your registration will be incomplete
- Registration Opens May 1, 2025.

## **Step 2: Turn In Your Athletic Physical**

- Complete a sports physical examination with a doctor (M.D) using the district-approved forms (attached)
- Drop off your physical forms in the Saugus High front office and take a picture for your records--just in case!

**\*\*The Athletic Training Department will announce when they will be hosting athletic physicals. Date/ Time TBA. \*\***

**Please Note: Athletic Clearance has to be completed EVERY YEAR in order to be eligible to participate in Saugus Athletic Programs**



COURSE #	SPORT	DAYS	DATES	TIME	LOCATION	COACH	COST
SHS1	BOYS BASKETBALL	M-F	June 9-June 28	Varsity/JV 2pm-4pm Frosh 4pm-6pm	SAUGUS GYM	MANZANO	\$130
SHS2	GIRLS BASKETBALL	M-Th	June 9-June 28	6pm-8pm	SAUGUS GYM	FALASCA	\$115
SHS3	BASEBALL	M-F	June 9-June 20	4:30pm-7pm	SAUGUS	MILLER	\$110
SHS4	FOOTBALL (VARSITY)	M-F	June 9-28; July 14- Aug 9	2:00pm-6:00pm Daily	SAUGUS	BORN	\$150
SHS5	FOOTBALL (FROSH SOPH)	M-F	June 9-28; July 14- Aug 9	2:00pm-6:00pm Daily	SAUGUS	BORN	\$150
SHS7	GIRLS SOCCER	M-F	June 16-27	Week 1: 9am-11am; Week 2: 8am-10am	SAUGUS	ENGLISH	\$110
SHS9	BOYS SOCCER	M-F	June 9 - June 20	7am-9am	SAUGUS	GROLLER	\$110
SHS10	GIRLS SOFTBALL	M-TH	June 9-27	9am-12am	SAUGUS	MARK	\$115
SHS11	GIRLS VOLLEYBALL (VARSITY)*	M-F	June 9-13; July 14- Aug 8	8am-10 am	SAUGUS GYM	AMBROSE	\$140
SHS25	GIRLS VOLLEYBALL(JV)*	M-F	June 9-20	8am-10am	SAUGUS GYM	AMBROSE	\$110
SHS12	GIRLS VOLLEYBALL (FROSH)*	M-F	June 9-20	10am-12am	SAUGUS GYM	AMBROSE	\$110
SHS13	BOYS VOLLEYBALL	M-F	June 9 - 20	12pm - 2pm	SAUGUS GYM	MCGINLEY	\$105
SHS14	TENNIS(New/Freshman)***	M-F	June 9-20	7:30am-9:00am	SAUGUS	SINDLE	\$110
SHS15	TENNIS(Advance/Returner)***	M-F	June 9-20	9:00am-10:45am	SAUGUS	SINDLE	\$110
SHS16	BOYS AND GIRLS GOLF****	M-F	June 9 - 20	7:00 - 8:30 am	Vista Valencia	MINER	\$110
SHS17	CROSS COUNTRY	M-F	June 9 - Aug 9	6:30am-8:30am	SAUGUS	BERNS	\$150
SHS18	TRACK AND FIELD	M-TH	July 15 - July 25	7:30am-9:30am	SAUGUS	STANDLEY	\$115
SHS19	SWIM****	M-F	June 16 - June 27	10:00-11:00 am	SCV Aquatic Center	KLIPFEL/BOTTON	\$125
SHS20	BOYS LACROSSE	M-F	July 29th - August 9	6pm to 8pm	SAUGUS	IRELAND	\$110
SHS21	GIRLS LACROSSE	M-F	June 9- June 28	2:00-3:45 pm	SAUGUS	OLSEN	\$120
SHS26	GIRLS FLAG FOOTBALL (FROSH)**	M-TH	June 9 - June 12	9am - 10:30am	SAUGUS	M. RUSSELL	\$95
SHS27	GIRLS FLAG FOOTBALL (VARSITY)**	M-TH	July 14 - August 7	2:30pm - 4pm	SAUGUS	M. RUSSELL	\$125
SHS23	CHEER		June 9 - 25, M-W 4pm-8pm (1 court) , July 17 - Aug 7, M-W 4pm - 8pm (1 court)				TBD
SHS24	DANCE		Dance tryouts are required prior to registration. Please contact Chelsea Gutowski for more info: cgutowski@hartdistrict.org				TBD

**\*\*There will be NO CAMPS for ANY PROGRAMS on Thursday, June 19th, 2025 in observance of Juneteenth\*\***

\*Girls Volleyball Frosh Tryouts: June 17th; JV Tryouts: June 18th

\*\*Girls Flag Football will have tryouts for sophomores-seniors in May; freshmen tryouts for Varsity at end of camp. There is ONLY a varsity team this year.

\*\*\*Contact Coach Sindle for Time Slot + Girls tryouts on June 20 during camp

\*\*\*\*\$105 program + \$20 pool rental fee

\*\*\*\*\*Players pay for range balls and 4 rounds of golf

**Registration opens on May 1st, 2025. Cost includes registration fee of \$5.00**

**Only register for the camp(s) that you are certain you will attend. NO REFUNDS WILL BE ISSUED WITHOUT A M.D. NOTE.**

To register for camp visit [www.SaugusCenturions.com/Athletics](http://www.SaugusCenturions.com/Athletics)

**Registration Ends on May 31, 2025. A late registration fee of \$25 will be added to any enrollments after 5/31/25.**



## Saugus High School Head Coaches Directory

SPORT	COACH	EMAIL
Baseball	Michael Miller	mimiller@hartsdistrict.org
Boys Basketball	Alfredo Manzano	amanzano@hartsdistrict.org
Girls Basketball	Anthony Falasca	afalasca@hartsdistrict.org
Cheer	Ally Stuart (Advisor)	astuart@hartsdistrict.org
Cross Country	Kevin Berns	kberns@hartsdistrict.org
Girls Flag Football	Momoko Russell	mrussell@hartsdistrict.org
Football	Jason Bornn	jbornn@hartsdistrict.org
Boys/Girls Golf	Kevin Miner	kminer@hartsdistrict.org
Boys Lacrosse	Joshua Ireland	joireland@hartsdistrict.org
Girls Lacrosse	Ryan Olsen	rolsen@hartsdistrict.org
Boys/ Girls Tennis	Bailey Sindle	bsindle@hartsdistrict.org
Boys Soccer	Seth Groller	sgroller@hartsdistrict.org
Girls Soccer	Kai English	kenglish@hartsdistrict.org
Softball	Kyle Mark	kmark@hartsdistrict.org
Swim & Dive	Krista Botton	kbotton@hartsdistrict.org
Swim & Dive	Jim Klipfel	jklipfel@hartsdistrict.org
Track and Field	Christian Standley	cstandley@hartsdistrict.org
Track and Field	Kevin Berns	kberns@hartsdistrict.org
Girls Volleyball	Zach Ambrose	zambrose@hartsdistrict.org
Boys Volleyball	Kaitlyn McGinley	kmcginley@hartsdistrict.org

**Von Hougo**  
Assistant Principal  
vhougo@hartsdistrict.org

**George Lopata**  
Athletic Director  
glopata@hartsdistrict.org

**Dave Russell**  
Athletic Director  
drussell@hartsdistrict.org

**Molly Herrera**  
Athletic Trainer  
mherrera@hartsdistrict.org

**8th Grade Students: Per CIF-SS Bylaws, please refrain from contacting coaches before May 1, 2025**

# STAY UP TO DATE WITH SAUGUS SPORTS



FOR LATEST SPORTS NEWS, FOLLOW US  
**@SAUGUS\_SPORTS**

## INSTAGRAM ACCOUNTS FOR SAUGUS PROGRAMS:

**BASEBALL:** @SAUGUSHSBASEBALL

**BOYS BASKETBALL:** @SAUGUSHOOPS

**GIRLS BASKETBALL:** @SAUGUSGIRLSHOOPS

**CHEERLEADING:** @SAUGUSCHEERLEADING

**CROSS COUNTRY:** @SAUGUSCROSSCOUNTRY

**FLAG FOOTBALL:** @SAUGUS\_FLAG

**FOOTBALL:** @SAUGUSFB

**BOYS & GIRLS GOLF:** @SHSCENTURIONGOLF

**BOYS LACROSSE:** @SAUGUS\_LACROSSE

**GIRLS LACROSSE:** @SAUGUSGIRLSLAX

**BOYS SOCCER:** @SAUGUS\_BOYS\_SOCCER

**GIRLS SOCCER:** @SAUGUSGIRLSSOCCER

**SOFTBALL:** @SAUGUSSOFTBALL

**SWIM & DIVE:** @SAUGUS\_SWIM

**TRACK:** @SAUGUSTRACK

**BOYS & GIRLS TENNIS:** @SAUGUS.HS.TENNIS

**GIRLS VOLLEYBALL:** @SAUGUSGIRLSVOLLEYBALL

**BOYS VOLLEYBALL:** @SAUGUS\_VOLLEYBALL



# MEET YOUR ATHLETIC TRAINER

**MOLLY HERRERA**



Molly was born and raised in the SCV. She attended Valencia High School where she played basketball all four years. After graduation, Molly went to College of the Canyons and was later accepted into the Athletic Training Education Program at California State University Northridge. During her two years at CSUN she worked clinical rotations at Pepperdine University, West LA Community College, Notre Dame High School, and finally at CSUN with their Club Sports program. Molly is passionate about concussion education and hopes to help educate the community about concussions and concussion management. We are incredibly fortunate to have Molly as our Athletic Trainer at Saugus High School, working hand in hand with our student-athletes and coaches.

For more information on...

- Concussion Protocols
- Parental Concerns
- Injury Management
- Training Room Rules and Regulations

Visit the Saugus Athletics Website and click on  
**"The Athletic Training Room"**

A community outreach benefit provided by:



**Henry Mayo**  
Newhall Hospital



**William S. Hart**  
Union High School District

**Athletic Physicals via the  
Athletic Training Department:  
TBA**



William S. Hart Union High School District  
**MEDICAL HISTORY**  
**TO BE COMPLETED BY PARENT/GUARDIAN**  
**BEFORE PHYSICIAN'S PHYSICAL EXAM**

*A medical history completed by the parents and a physician's verification that the student is healthy enough to participate in sport training and competition must be completed prior to the start of practice.*

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_ Sport \_\_\_\_\_

Please circle "Y" for yes, and "N" for no. (If yes, please explain)

1. Has the student-athlete had a medical illness or injury since his/her last check-up or sport physical? Y N

\_\_\_\_\_

2. Is the student-athlete currently taking any prescription or non-prescription (over-the-counter) medication, or using an inhaler? Y N

\_\_\_\_\_

3. Does the student-athlete have any allergies? (pollen, medicine, food, stinging insects, etc.) Y N

\_\_\_\_\_

4. Has the student-athlete ever had a seizure? Y N

\_\_\_\_\_

5. Has the student-athlete ever become ill from exercising in the heat? Y N

\_\_\_\_\_

6. Have you ever passed out or nearly passed out during or after exercise? Y N

\_\_\_\_\_

7. Have you ever had any discomfort, pain, tightness, or pressure in your chest during exercise? Y N

\_\_\_\_\_

8. Does your heart ever race, flutter in your chest or skip beats (irregular beats) during exercise? Y N

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9. Has a doctor ever told you that you have any heart problems? Y N

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10. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. Y N

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11. Do you get lightheaded or feel shorter of breath than your friends during an exercise? Y N

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12. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 (including drowning or unexplained car crash)? Unsure Y N

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13. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? Unsure Y N

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14. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? Unsure Y N

---

15. Is there any pertinent medical information that coaches or physicians should know about this student- athlete? Y N

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16. Does the student-athlete wear glasses, contacts, or dental braces? Y N

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Parent/Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

**Physicals are valid for one year from the date of examination.**

**William S. Hart Union High School District**

# CERTIFICATE OF PHYSICAL EXAMINATION

Must be completed by a Licensed (M.D., D.O., P.A. or NP)

*Due to new district guidelines, physicals can no longer be completed by a Chiropractor.*

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Pulse \_\_\_\_\_ BP \_\_\_\_/\_\_\_\_

Please put a “√” as either Normal or Abnormal for all findings below. Please describe, in detail, all abnormal findings.

	Normal	Abnormal	Comments
Heart			
Pulses			
Lungs			
Neck			
Back			
Shoulder/Arm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle/Foot			
Other pertinent medical findings			

Additional comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

List any restrictions and duration: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

I hereby certify that the above-named student was examined by me on \_\_\_\_\_ (date)  
and found to be physically fit to engage in athletics.

Physician's signature \_\_\_\_\_

Stamp name or attach card of medical office here