

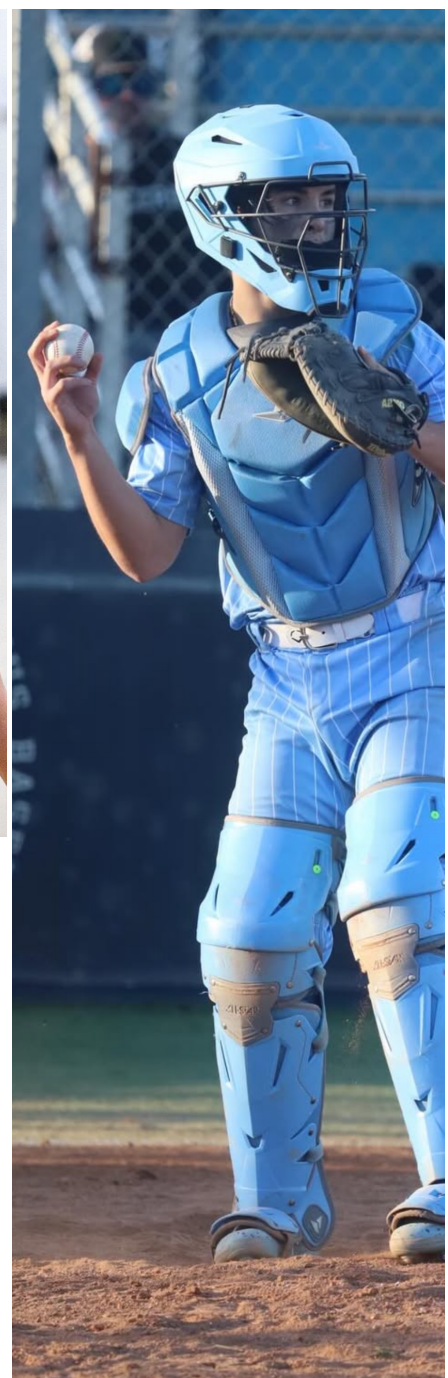


SAUGUS HIGH SCHOOL



2026-2027 ATHLETICS PACKET

Make sure to visit **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

661-297-3900 ext. 3055

Fax: 661-296-4687

David Russell

Athletic Director

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

2026-2027 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
- Navigate to Saugus High School (CA) and register for the 2026-2027 school year
- Finish all pages or your registration will be incomplete
- Registration Opens May 1, 2026.

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!

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

2026 saugus High school Summer Sports Camps

COURSE #	SPORT	DAYS	DATES	TIME	LOCATION	COACH	COST
SHS1	BOYS BASKETBALL	M-F	June 8-June 26	Varsity/JV 2pm-4pm Frosh 4pm-6pm	SAUGUS GYM	MANZANO	\$130
SHS2	GIRLS BASKETBALL	M-Th	June 8-June 26	6pm-8pm	SAUGUS GYM	FALASCA	\$115
SHS3	BASEBALL	M-F	June 8-June 18	4:30PM - 6:30PM	SAUGUS	MILLER	\$110
SHS4	FOOTBALL (VARSITY)	M-F	June 8-27; July 13- Aug 8	2:00pm-6:00pm Daily	SAUGUS	BORNN	\$150
SHS5	FOOTBALL (FROSH SOPH)	M-F	June 8-27; July 13- Aug 8	2:00pm-6:00pm Daily	SAUGUS	BORNN	\$150
SHS7	GIRLS SOCCER	M-F	June 15-26	9am - 11am	SAUGUS	ENGLISH	\$110
SHS9	BOYS SOCCER	M-F	June 8 - 18	7am-9am	SAUGUS	GROLLER	\$110
SHS10	GIRLS SOFTBALL	M-TH	June 8-26	9am-12am	SAUGUS	MARK	\$115
SHS11	GIRLS VOLLEYBALL (VARSITY)*	M-F	June 8-12; July 13- Aug 7	8am-10 am	SAUGUS GYM	AMBROSE	\$140
SHS25	GIRLS VOLLEYBALL(JV)*	M-F	June 8-18	8am-10am	SAUGUS GYM	AMBROSE	\$110
SHS12	GIRLS VOLLEYBALL (FROSH)*	M-F	June 8-18	10am-12pm	SAUGUS GYM	AMBROSE	\$110
SHS13	BOYS VOLLEYBALL	M-F	June 8-18	12pm - 2pm	SAUGUS GYM	SUPPES	\$105
SHS14	TENNIS(New/Freshman)***	M-Th	June 15-25	7:30am-9:00am	SAUGUS	SINDLE	\$110
SHS15	TENNIS(Advanced/Returner)****	M-Th	June 15-25	9:00am-10:45am	SAUGUS	SINDLE	\$110
SHS16	BOYS AND GIRLS GOLF*****	M-F	June 8 - 20	7:00 - 8:30 am	Vista Valencia	MINER	\$110
SHS17	CROSS COUNTRY	M-F	June 8 - 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 8 - June 18	10:00-11:00 am	SCV Aquatic Center	KLIPFEL/BOTTON	\$125
SHS20	BOYS LACROSSE	M-F	July 27-Aug 7	6pm to 8pm	SAUGUS	IRELAND	\$110
SHS21	GIRLS LACROSSE	M-F	June 8- June 26	2:00-3:45 pm	SAUGUS	QUINLAN	\$120
SHS26	GIRLS FLAG FOOTBALL (JV)**	M-F	June 8 - June 25; July 20 - August 7	7am - 8:30am; 8:30am - 10am	SAUGUS	M. RUSSELL	\$150
SHS27	GIRLS FLAG FOOTBALL (VARSITY)**	M-F	June 8 - June 25; July 20 - August 7	7am - 8:30am; 8:30am - 10am	SAUGUS	M. RUSSELL	\$150
SHS23	CHEER		June 8 - 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@hartsdistrict.org				TBD

****There will be NO CAMPS for ANY PROGRAMS on Friday, June 19th, 2026 in observance of Juneteenth****

*Girls Volleyball Frosh Tryouts: June 23th; JV Tryouts: June 26th

**Girls Flag Football will have tryouts for sophomores-seniors in May 2026

***Contact Coach Sindle for Time Slot + Girls tryouts on June 25 during camp

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

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

Registration opens on May 1st, 2026. 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

Registration Ends on May 31, 2026. A late registration fee of \$25 will be added to any enrollments after 5/31/26.



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	Kaitlyn Salazar (Advisor)	ksalazar@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	Chris Quinlan	cquinlan@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	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	Amy Suppes	asuppes@hartsdistrict.org

Richard Gutierrez
Assistant Principal
rgutierrez@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, 2026

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:

Where to find the Athletic Training Room



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

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

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

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

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

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

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

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

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

