

# ALONSO HIGH SCHOOL SPORTS INFORMATION





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# SPORTS OFFERED

- **FALL:**

- **CROSS COUNTRY (B & G)**
- **FOOTBALL (11 MAN)**
- **GOLF (B& G)**
- **SWIMMING (B & G)**
- **VOLLEYBALL (G)**

- **WINTER:**

- **BASKETBALL (B & G)**
- **SOCCER (B & G)**
- **WRESTLING (B & G)**
- **COMPETITION CHEER**

- **SPRING:**

- **BASEBALL**
- **FLAG FOOTBALL (G)**
- **LACROSSE (B & G)**
- **SOFTBALL**
- **SPRING FOOTBALL**
- **TENNIS (B& G)**
- **TRACK & FIELD (B & G)**

# Athletic Paperwork:

Posted online at the Alonso High School Athletics Web Page:

- Go to [Alonso High / Homepage \(hillsboroughschools.org\)](https://www.hillsboroughschools.org)
- Go to Athletics: Click on Alonso High School Sports
  - <https://www.hillsboroughschools.org/domain/3383>
  - Step by step directions
  - Correct forms are located here – download and complete
  - Links to video courses and insurance

# Athletic Paperwork continued:

## TIPS for SUCCESSFUL CLEARANCE:

Gather ALL required materials to upload:

- EL2 (Physical) – MUST be within one calendar year, MUST be on HCPS Form – download from district web page or the Alonso High School Athletics Web Page
- Student Insurance ID Card – after purchasing – log back into school health insurance account and download ID card.
- 3 required Video Certificates after completing courses on NFHS Learn
- Guardian's government issued ID – usually a DL that has matching address for students information on file at school, and MUST match proof of residence. **Guardian whose ID is being uploaded** should also be the one **signing the electronic signatures**
- Proof of Residence – MUST be within 30 days of application, MUST match address on file at school, MUST be in guardians name, MUST be "living proof". Eg: teco, water bill, mortgage. No cable or phone bill accepted. Date MUST show on bill.
- Copy of Birth Certificate
- School Specific Forms - Enrollment Form (uploaded under additional forms) – located in the uploads tab

# Athletic Paperwork continued:

Once all documents have been gathered – follow the directions on how to create a new account and follow the steps for uploading and answering all information.

Returners – log in and follow the directions for each step.

Reminder – the medical history should be completed accurately. This is for the safety of your student athlete.

Guardian information and phone numbers become the students medical emergency contact information that coaches can access immediately should an injury occur. Please be accurate and give us a number where you can be reached.

Denials come with specific directions PLEASE READ them. It gives you step by step on what to do to correct any information that is not completed correctly that keeps your student from being cleared to play.

Clearance can take up to ten days. Please be patient. There is only one of me that does this for all sports, Band and ROTC.

# SPORTS START DATES

## Fall Sports Start Dates:

Football	August 1 <sup>st</sup> 2022
Volleyball	August 1 <sup>st</sup> 2022
B & G Cross Country	August 1 <sup>st</sup> 2022
B & G Swimming	August 1 <sup>st</sup> 2022
B & G Golf	August 1 <sup>st</sup> 2022

## Winter Sports Start Dates:

Competitive Cheer	TBA
Girls Soccer	TBA
Boys Soccer	TBA
Girls Basketball	TBA
Boys Basketball	TBA
Wrestling	TBA

## Spring Sports Start Date

Baseball	TBD
Softball	TBD
G & B Track	TBD
G & B Lacrosse	TBD
Flag Football	TBD



# FALL SPORTS COACHES



Boys Swimming

Coach LaRosee

Email:

[matthew.larosee@hcps.net](mailto:matthew.larosee@hcps.net)

Website:

[Alonso-acquatics.com](http://Alonso-acquatics.com)

On Campus



Girls Swimming

Coach Kobel

Email:

[Nathalie.kobel@hcps.net](mailto:Nathalie.kobel@hcps.net)

Website:

[Alonso-acquatics.com](http://Alonso-acquatics.com)

Off Campus



Varsity Football

Coach Cantrell

Email:

[hayden.cantrell@hcps.net](mailto:hayden.cantrell@hcps.net)

Twitter:

[@AlonsoRavensFB](https://twitter.com/AlonsoRavensFB)

On Campus



JV Football

Coach Ruff

Email:

[Timothy.ruff@hcps.net](mailto:Timothy.ruff@hcps.net)

Off Campus



# FALL SPORTS COACHES



Boys and Girls Cross  
Country  
Coach Mills

Email:

[roger.mills@hcps.net](mailto:roger.mills@hcps.net)

Website:

[ravensdontblink.com](http://ravensdontblink.com)

Twitter:

@RavensXCTnF

On Campus



Volleyball

Currently Vacant



Boys & Girls Golf

Coach Frisby

Email: [Thomas.frisby@hcps.net](mailto:Thomas.frisby@hcps.net)



On Campus

# WINTER SPORTS COACHES



Boys Basketball

Coach Price

Email:

[todd.price@hcps.net](mailto:todd.price@hcps.net)

Twitter:

@AlonsoBoys

On Campus



Girls Basketball

Coach Turk

Email:

[Christopher.turk@hcps.net](mailto:Christopher.turk@hcps.net)

Twitter:

@RavensBasketball



Boys Soccer

Coach Wilson

Email: TBA

Off Campus



Girls Soccer

Coach Hill

Email:

[Timothy.hill@hcps.net](mailto:Timothy.hill@hcps.net)

On Campus



# WINTER SPORTS COACHES



Competition Cheer

Competition Cheer

Wrestling

Coach Herbig

Coach Lucas

Coach Heldt

Email:

[alonsohscheer@gmail.com](mailto:alonsohscheer@gmail.com)

Email:

[alonsohscheer@gmail.com](mailto:alonsohscheer@gmail.com)

Email: [Michael.heldt@hcps.net](mailto:Michael.heldt@hcps.net)

Twitter:

@AlonsoCheer

Twitter:

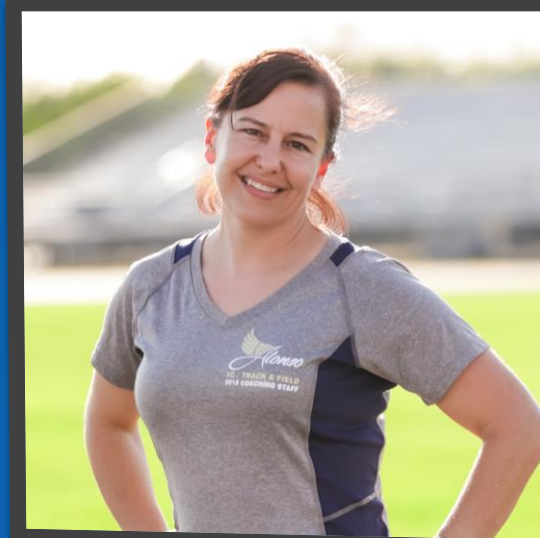
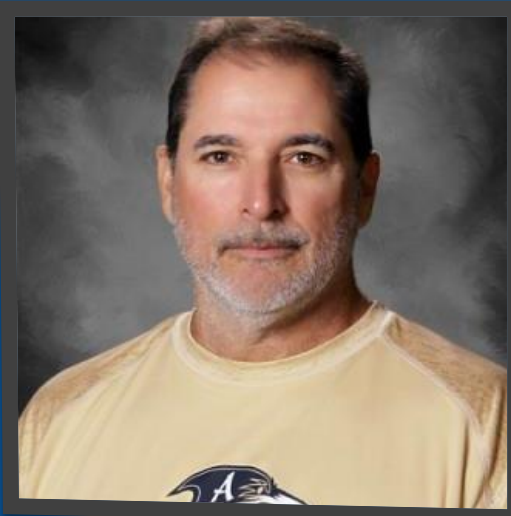
@AlonsoCheer

On Campus

Off Campus

On Campus

# SPRING SPORTS COACHES



Baseball

Coach Faedo

Email:

[landy.Faedo@hcps.net](mailto:landy.Faedo@hcps.net)

Twitter:

@goraven7

On Campus



Softball

Coach Kopp

Email:

[robin.kopp@hcps.net](mailto:robin.kopp@hcps.net)

Twitter:

@ravenssoftball

On Campus



Girls Track

Coach Sholtez

Email:

[Catherine.sholtez@hcps.net](mailto:Catherine.sholtez@hcps.net)

Website: [ravensdontbllink.com](http://ravensdontbllink.com)

Twitter:

@RavensXCTnF

On Campus



Boys Track

Coach Mills

Email:

[roger.mills@hcps.net](mailto:roger.mills@hcps.net)

Website:

[ravensdontbllink.com](http://ravensdontbllink.com)

Twitter:

@RavensXCTnF

On Campus

# SPRING SPORTS COACHES



V Girls Flag Football

Coach Hernandez

Email:

[matthew.hernandez@hcps.net](mailto:matthew.hernandez@hcps.net)

Twitter:

@RavensFlagFB  
On Campus



JV Girls Flag Football



Coach Chantlos

Email:

[jay.chantlos@hcps.net](mailto:jay.chantlos@hcps.net)

Twitter:

@RavensFlagFB  
On Campus



Girls Lacrosse

Coach Wagner

Email:

[Michael.wagner@hcps.net](mailto:Michael.wagner@hcps.net)

Off Campus



Boys Lacrosse

Coach Klaus

Email:

[eklaus15@gmail.com](mailto:eklaus15@gmail.com)

Twitter:

@Alonso\_Lax  
Off Campus



# SPRING SPORTS COACHES



Girls Tennis

Coach Kobel

Email: [Nathalie.kobel@hcps.net](mailto:Nathalie.kobel@hcps.net)

Off Campus



Boys Tennis

Coach Frisby

Email: [Thomas.frisby@hcps.net](mailto:Thomas.frisby@hcps.net)

On Campus

