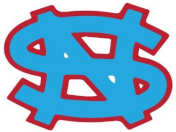
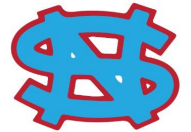


# Viking Sports

Need Information? Go to Room 504 and see Mrs. Ashen, Boys' & Girls' Athletic Director :) [jeankinn.ashen@salinasuhsd.org](mailto:jeankinn.ashen@salinasuhsd.org) (831) 796-7500 x2719



## ARE YOU READY?



### **FALL SPORTS begin August 5, 2022**

Cheer--Coach Melendrez; (831) 210-4639  
Cross Country--Coach Small; Room 202  
Field Hockey--Coach Washington; Room 21  
Football--Coach Ceralde; Port V  
Girls' Tennis--Coach Witzig; Room 809  
Girls' Volleyball--Coach Barrera; (831) 809-9756

### **WINTER SPORTS begin Monday, October 30, 2022**

Boys' Basketball--Coach Green; (831) 262-1613  
Girls' Basketball--Coach Jackson; (831) 809-0333  
Boys' Soccer--Coach Gomez; Room 716  
Girls' Soccer--Coach Gonzalez; (831) 512-3747  
Boys' & Girls' Wrestling--Coach Weaver; (831) 682-5074

### **SPRING SPORTS begin Monday, January 31, 2023**

Baseball--Coach Arthur Rosas; (831) 262-1273  
Softball--Coach Medina; Girls' Locker Room  
Boys' & Girls' Swimming--Coach McCarthy; Room 797  
Boys' Tennis-- Coach TBA  
Boys' & Girls' Track & Field--Coach Small; Room 202  
Boys' Volleyball--Coach Ashen & Coach Yamasaki; Room 404

### **Want to compete for the Vikings??**

- STEP 1:** Create an account and REGISTER at [www.athleticclearance.com](http://www.athleticclearance.com)
- STEP 2:** Upload a physical every 12 calendar months to your athleticclearance account
- STEP 3:** Take a baseline concussion test every two years (license from Mrs. Ashen)
- STEP 4:** Attend an Extracurricular Contract Night once at your high school
- STEP 5:** Purchase the annual Transportation Fee (\$50)
- STEP 6:** Purchase an ASB Sticker (\$40)
- STEP 7:** Cleared by Mrs. Ashen to participate in official practice

To play High School Sports in the Salinas Union High School District you must have . . .

- \*2.0 GPA or better for the grading period before your sport
- \*No more than one "F" in the grading period
- \*No more than one "UN" in Citizenship

There is a **one-time** probationary contract that you may be eligible to sign with Mrs. Ashen and your parent/guardian.

**Your #1 predictor of success in high school will be your involvement on campus!**

