



**UNITY IS
STRENGTH**
SAN MATEO BEARCATS

*Welcome
Class of 2027*





Athletic Information Agenda

- Philosophy of the athletic program
- Programs
- Facilities
- Athletic Boosters How to get involved
- Athletic Trainer
- Season information
- Medical Clearance process
- Eligibility information
- Fall Coach contact
- Important dates
- Q&A



Neil Urquidez- Family Engagement Coordinator

Can assist Parent /Guardian in completing online Athletic clearance forms on Sportsnet.

Can assist in connecting and filling out Student Accident and Sickness insurance if student doesn't have insurance.

Can help you with resources for providers if you have Health Plan of San Mateo Health insurance.

In-person meeting(Spanish) at SMHS in the MPR 6:30PM to 7:30pm if need help in filling out forms.



SAN MATEO HIGH SCHOOL ATHLETICS

San Mateo High believes athletics are an integral part of the educational experience. The mission of the San Mateo High School Athletic Department is to provide student-athletes a positive experience in our athletic programs while demonstrating integrity, teamwork, commitment and a championship effort.

The San Mateo Athletic Department seeks to field competitive teams that encourage student-athletes to exhibit a winning effort, good sportsmanship, and demonstrate respect for all.



FALL SPORTS

- Boys Water Polo
- Cross Country
- Football
- Girls Golf
- *Girls Flag Football*
- Girls Volleyball*
- Girls Tennis
- Girls Water Polo
- Sideline Cheer



WINTER SPORTS

- Boys Basketball*
- Boys Soccer*
- Girls Basketball
- Girls Soccer
- Sideline Cheer
- Wrestling



SPRING SPORTS

- Badminton
- Baseball
- Boys Golf
- Boys Swimming
- Boys Tennis
- Boys Volleyball
- Girls Swimming
- Softball
- Track & Field



Facilities (New Gym construction finished by Spring 2025)



New Gym (Spring 2025)



San Mateo High School Gym Groundbreaking Ceremony:
Tuesday, May 16 | 4 p.m.



Athletic Boosters



ATHLETIC BOOSTERS

We are a parent-led volunteer group...

Whose mission it, is to support the ENTIRE athletic program at San Mateo High School, by raising funds for necessary items for our athletes which are not included in the School District budget.



ATHLETIC BOOSTERS - How Do We Fundraise

- Donations via Participation
- Every Athlete Required to fill it out
- Also allows parents to sign-up to volunteer

San Mateo High School
Spring Sports Participation Form
This form must be returned with a parent/guardian signature in order for an athlete to participate.

Spring Sports			
<input type="checkbox"/> Baseball	<input type="checkbox"/> Boys Tennis	<input type="checkbox"/> Swimming	<input type="checkbox"/> Track and Field
<input type="checkbox"/> Softball	<input type="checkbox"/> Boys Golf	<input type="checkbox"/> Badminton	<input type="checkbox"/> Boys Volleyball

ATHLETIC BOOSTERS MESSAGE:
San Mateo High School Athletic Boosters is a group of volunteers who support the entire athletic program at San Mateo High School. We raise funds through these voluntary donations to provide necessary items for our student athletes which are not included in the budget by the district. We are committed to provide every student athlete who desires to compete for SMHS the opportunity to participate regardless of his/her financial situation. Your support is greatly appreciated.

YOU CAN HELP!! Please check any of the below if you are willing to help the Athletic Boosters.

Year Round	
<input type="checkbox"/> Athletic Booster Board Member	<input type="checkbox"/> Dinner/Auction Fundraiser

\$ _____ **Participation Donation*** \$50 / sport. Fresh/Soph Varsity (circle one)

\$ _____ **Additional Donation*** (I would like to sponsor a child who needs a scholarship)

\$ _____ I have enclosed a reduced donation of \$ _____
I have also checked the area above where I would like to volunteer.

\$ _____ **TOTAL ENCLOSED**

*Please fill out the below and **print clearly.***

STUDENT'S NAME: _____ GRADE: _____

PARENT'S NAME: _____

ADDRESS: _____ CITY: _____ ZIP: _____

PHONE: _____ EMAIL: _____

PARENT/GUARDIAN SIGNATURE (REQUIRED): _____

Thank you for your support! Please make checks payable to SMHS Athletic Boosters and return your completed form and check to your coach, designated team representative, or the main office. (Tax ID 46-3987449)

* This is a tax-deductible donation to the SMHS Athletic Program. A donation is not required to participate in SMHS sports. Please include employer gift matching if available.



ATHLETIC BOOSTERS - How Do We Fundraise

- Concession Sales
 - Snack Shack at Football, Basketball & Track meets and other events
- Bearcat Gear Sales
 - Show your Bearcat Pride
- Crab Feed event
 - Spring semester fundraiser



ATHLETIC BOOSTERS - What Have We Done

In the past 4 years we have spent \$120,000

All sports:

- Freshman teams funding for coaches and referees
- Assistant coaches
- Strength and conditioning coach
- EZ-Ups
- Water delivery system for practice and games
- MVP Award plaques

Baseball & Softball:

- Outfield fence
- Windscreens for fences and dugouts
- Storage shed and concrete pad
- Riding mower for field maintenance
- Batting Cage

Basketball:

- Scouting Software

Golf:

- Rangefinders

Football:

- Replay Software
- End Zone Camera

Soccer:

- Rain Parcas
- Pop up soccer goals
- Storage containers for equipment

Swimming/Water Polo:

- Swimming lane timer scoreboard
- Water polo scoreboard with wireless controllers
- New records board

Tennis:

- Fence screen
- Ball hopper cart

ATHLETIC BOOSTERS - What Can You Do?

Support

- At games
 - Flip Burgers
 - Make Hot Chocolate
 - Sell candy, etc.
- Behind the scenes
 - Accounting
 - Design Bearcat Gear
 - Order for Snack Shack
 - Organize Events
 - Find Corporate Sponsors

Leadership

- President
- Treasurer
- Vice President of Burgers & Cocoa
- Vice President of Hats & T-Shirts
- Team Liaison
- Secretary

Board Meets first Thursday of every month

We appreciate all questions and comments





Athletic Trainer- Jessica Mayes



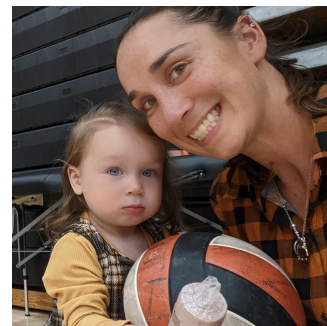
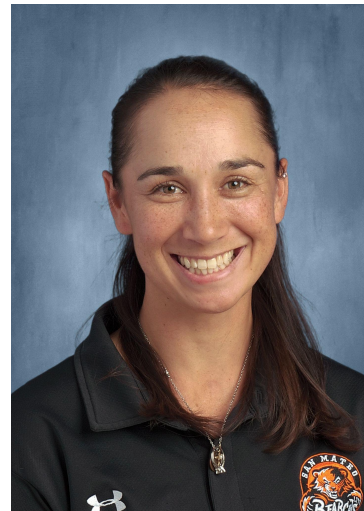
Jessica Mayes, MS, ATC

Athletic Trainer (7th year@ SMHS)

- Typical Hours: Monday - Friday 11am - 7pm (times will vary)
- At every home contest (school days)
- Hours & location identified on the athletic training room door E106 (between the pool and weight room)
- *Email: jmayes@smuhsd.org

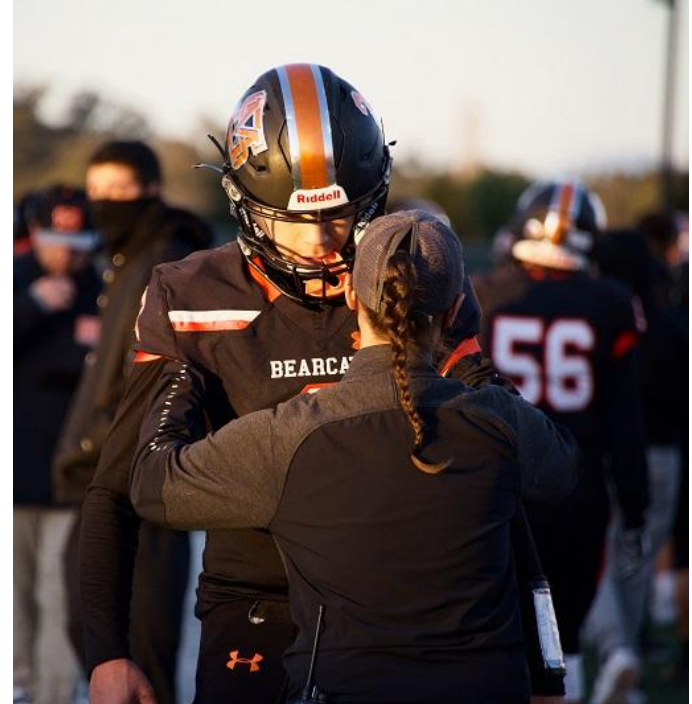
Office Phone: 650-558-2326

- Chat: Available via Healthy Roster messages

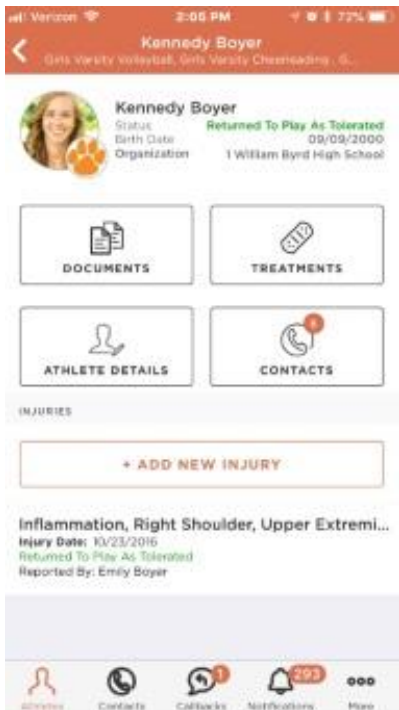


Athletic Training Services

- On-campus access for practices and competitions throughout the school year
- Preventative Care
- Emergency Care
- Clinical Evaluation
- Therapeutic Intervention & Treatment
- Rehabilitation of Injuries
- Return-To-Play Guidance
- Medical Referrals



HEALTHY ROSTER



- Notifications of new injuries (from/to AT, coach, or parent)
- Chat capabilities with athlete care circle via app (AT, parent, health aide, coach)
- Upload physician notes & important documents via the app (HIPAA compliant)
- Record of athlete treatments/check-ins when receiving treatment/ice/tape
- Ability to refer to Stanford Children's Health
- When you set up account, you give permission re: who sees updates & injury timeline (health aide, coach, etc)

Look for email invite from Healthy Roster - Can log in via [website/app](#)

Sports Medicine Affiliates



ATs & Sports Medicine
Physicians

Healthy Roster & Referrals

Burlingame/RWC/SF



Dr. Paul Abeyta
Orthopedic Surgeon and
Sports Medicine

PAMF: Sutter Health,
Mills-Peninsula: Burlingame



Athletics Overview

- Governing Bodies
- Academics
- Competition Level
- Medical Clearance*



Athletics Governing Bodies



San Mateo Union
High School District (SMUHSD)

PENINSULA ATHLETIC LEAGUE

Peninsula Athletic League
(PAL)



Central Coast Section
(CCS)



California Interscholastic
Federation (CIF)

BEING A STUDENT-ATHLETE

- Must maintain a 2.0 GPA
- Must pass 4 classes
- Cannot have more than 1 F on their progress report
- Grading Period is every 6 weeks
- **Incoming Freshman have “clean-slate” first 6 weeks**
- Having 6 classes for an athlete is recommended to limit missed class time.



COMPETITION LEVEL

FRESHMAN TEAM GOALS*:

- ☐ Introduce athletes and their families to H.S. Athletics
- ☐ Learn the correlation between academic achievement and athletic eligibility
- ☐ Provide as many students as possible the opportunity to play sports
- ☐ Development of J.V. and Varsity players
- ☐ Encourage students to try other sports



COMPETITION LEVEL

JUNIOR VARSITY TEAM GOALS:

- ☐ Elevated academic achievement
- ☐ To be prepared to contribute at the Varsity level
- ☐ To aid in the process of introducing Bearcat athletics to incoming freshmen
- ☐ To build a winning tradition



COMPETITION LEVEL CONT....

VARSITY TEAM GOALS:

- ☐ Elevated academic achievement
- ☐ To set an example for aspiring varsity players and the entire student body
- ☐ To field a team who is committed to year round training
- ☐ Continued encouragement to be multiple sport athletes
- ☐ To provide a realistic evaluation and opportunity to continue athletics beyond high school
- ☐ To qualify for Peninsula Athletic League Division competition
- ☐ To continue to build a winning tradition as an athletic program



ATHLETIC CLEARANCE

- Create account on SportsNet using student's ID#
- Complete Athletic Packet online (May 1, 2023- **Make sure to select 2023-2024 Year**)
- Health Aide: Maritza Fernandez
 - Email: Maritza Fernandez or Sinem Konca
 - Location: SMHS Health Office A116
 - Health Office Phone: 650-558-2322



CIF rules on Physicals

- Required once a year*
- Must include: Date of Exam, Physician Signature & Stamp on Medical Examiner's Statement/physical form
- **MUST BE SUBMITTED PRIOR TO TRYOUTS** (or if participating in summer sessions, prior to summer)



Clearance Process-SportsNet

← → ↺ 🏠 smuhsd.org/sanmateohigh

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📱 Apps 📄 Aeries.Net 🌐 PAL Website 🏆 SportsNet Inc. Login 🏆 SanMateoAthletics 🏆 San Mateo High Sc... 🎨 Canvas 📅 Calendar Wiz 📄 ArbiterSports - Solu... 📺 NfhsLearn

HOME

OUR SCHOOL

STUDENTS

FAMILIES

ACADEMICS

PROGRAMS

COUNSELING

ATHLETICS



**SAN MATEO
HIGH SCHOOL**

Once a Bearcat, Always a Bearcat!

Athletic Clearance & Resources

Bearcat Athletics External Site

Student Accident Report

TRANSLATE ▼

SCHOOLS ▼

BOARD AGENDA & MINUTES

I WANT TO... ▼



I GOT



Vaccine Info for

If you are experiencing COVID symptoms or

tested positive for COVID, please stay home!

Students 5 and Older



Sportsnet

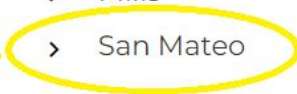
First-time users will need to setup an account (you must have your student's Identification Number to create an account; incoming students will receive their Student Identification Numbers from the District Office in their Data Confirmation Letter. Returning users should enter their previously selected username (email) and password to log-in. Each student can only have one account. After the packet is completed and submitted, a confirmation email will be sent from SportsNet.

- [Aragon High School Sportsnet](#)
- [Burlingame High School Sportsnet](#)
- [Capuchino High School Sportsnet](#)
- [Hillsdale High School Sportsnet](#)
- [Mills High School Sportsnet](#)
- [San Mateo High School Sportsnet](#)

1. Parent/guardian must complete online athletic clearance forms on SportsNet

SPORTSNET WEBSITES BY SCHOOL

- > Aragon
 - > Burlingame
 - > Capuchino
 - > Hillsdale
 - > Mills
 - > San Mateo
-




San Mateo High School




Email Address

Password

Management System

Athlete Management 

Academic Year

2023-2024 

- 2023-2024
- 2022-2023
- 2021-2022
- 2020-2021
- 2019-2020
- 2018-2019



**Parents/Guardians
Need to have
Student ID and**

***Student IDs will be
sent soon via email
that is in the
system when
registering your
student if you
haven't received
one yet**

Management System

Athlete Management



Academic Year

2023-2024



Sign In

[Forgot your password?](#)

First time here?

[Activate Your Account](#)

WHEN DO WE START?

Summer Sessions Start date typically is the first week of June or when student graduates middle school(optional):

- Football-Monday-Friday 3-5pm
- Boys Basketball-Tues/Wed/Thurs 4-6
- Girls Basketball- Tues/Wed/Thurs 6-8pm
- Girl's Volleyball- Tues/Wed/Thurs 5-7

*Times subject to change



FALL COACHES

JV Football- Adam Hyndman- ahyndman@smuhsd.org

Golf- Jimmy Ikeda jikeda@smuhsd.org

Boys' Water Polo- Kevin Jensen- Jensen775@yahoo.com

Girls' Water polo- Kathy Parodi kparodi@smuhsd.org

Girls' Tennis- Bryan Jeong- btjeong@dons.usfca.edu

Volleyball- Andoni Javellana andonismhs@gmail.com

Cross Country- TBD

Cheer- Sabina Huipio/Jo Navarro- sanmateohighcheer@gmail.com



TRYOUT DATES-Fall

Cheer- Rising 9th Graders- May 8/9(must attend both days)

- Cross Country-First week of school
- Football- **Summer practices***
- Golf-First week of school
- Tennis-First week of school
- Boys Water Polo-August 6th(Summer activities)
- Girls Water Polo- First week of school
- Volleyball- August 6th(Summer activities)



TRYOUT DATES-Winter

Typically, Winter tryout dates will be announced during the school day. Winter Sports can start November

Basketball (Summer activities, Fall open gym/conditioning)

Soccer

Wrestling



TRYOUT DATES-Spring

Typically, Spring tryout dates will be announced during the school day. Spring Sports can start January

Badminton

Swimming

Baseball

Boys Volleyball

Boys Golf

Track & Field

Boys Tennis

Softball



Practice Expectations

In season, mandatory practices. Typically 5 days a week including contests. Some sports 6 days a week.

*Additional school bus to Foster City leaves at 6:30pm daily.

Off season, optional practices and training to improve and build skills.
Not all sports offer.



...Potential Topics?

- Are there “no-cut” teams?

We tend not to use that term, however, there are some teams that tend to take all that tryout. Cross Country, Football(safety), & Track.

- Which teams have freshman teams?

Boys basketball, Girls Volleyball,.....always looking for more. Depends on tryouts

- What is the time commitment?

Everyday, all after school 5 days a week, some sports 6 days a week.



...Potential Topics?

- Can you play outside sports (club, academy)?

In season? No. Against CCS Rules. Out of season? Yes

- What are the consequences for missing practices because of other sports or school?

***It's essential that student-athletes commit to the practices, games and the team.
The athletic department supports each individual coach's rules.***



To Do List:

Sign up here: [Incoming Freshman Sign up Form](#)

Medical Clearance Forms: [San Mateo SportsNet](#)

Schedule Physical with Doctor. If you can't get an in-person physicals, schedule a virtual meeting and get an extension.

There are walk in clinics(Immediate Care, CVS Foster City. CVS Burlingame)

Communicate with coaches about Summer practices(if applicable).

Get ready to join the Bearcat Family!!!



Summer Practices(June 6th- July 21st)

Not mandatory, but highly recommended if no other conflicts. Skill development, team bonding, getting to know the school before it starts.

Practice schedule(Subject to change)

Football- Monday-Friday 3pm-5pm

Volleyball Tuesday/Wednesday/Thursday 4-6 pm

Girls Basketball Tuesday/Wednesday/Thursday 5-7pm

Boys Basketball M/W/F 4-6pm

Cheer- TBD

Boys Water Polo- Tuesday/Wednesday/Thursday 5-7pm



FALL COACHES/SUMMER PRACTICE

- ❑ JV Football- Adam Hyndman- ahyndman@smuhsd.org
- ❑ Golf- Jimmy Ikeda jikeda@smuhsd.org
- ❑ Boys' Water Polo- Kevin Jensen- Jensen775@yahoo.com
- ❑ Girls' Water polo- Kathy Parodi kparodi@smuhsd.org
- ❑ Girls' Tennis- Bryan Jeong- jeongb@smccd.edu
- ❑ Volleyball- Andoni Javellana andonismhs@gmail.com
- ❑ Cross Country- TBD
- ❑ Cheer- Sabina Huipio/Jo Navarro- sanmateohighcheer@gmail.com
- ❑ Boys Basketball Marvin Lui- mlui@smuhsd.org
- ❑ Girls Basketball Paul Carion- pcref@aol.com



Questions?



Additional Information & Questions

<https://sanmateoathletics.org/>

Instagram: @sanmateoathletics

Twitter: @SanMateoHi

Email the Athletic Director

Jeff Scheller

jscheller@smuhsd.org

