



Rancho Cucamonga High School

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"Champions in the Making"

Important Information for Incoming Freshman

1. www.RCHSsports.com

Please refer to our website for up-to-date information on all our sports and teams. This is your "go to" site for everything RCHS Athletics.

2. Start Dates

Incoming freshman must wait until completion of their 8th grade year before trying out with an RCHS team. RCHS coaches may contact you after May 1, 2019 with details about their sport. Exact dates for tryouts for every sport will be presented on March 19, 2019 at the Athletic Information Night.

3. Requirements

All students who wish to try out for a RCHS team must meet the following requirements

- a. Finished with their 8th grade year of school.
- b. Be currently enrolled as an incoming freshman student to RCHS.
- c. Have a complete physical turned in to the RCHS Athletic Trainer, Mr. Andrew Liu.

4. Physicals

All students must have a current, complete physical turned in to the RCHS Athletic Trainer, Mr. Andrew Liu, ***BEFORE*** trying out for any RCHS team. Please note the following:

- a. All physical information, and the directions for the ***required on-line process***, can be found on our website: www.RCHSsports.com. Go to the Documents Tab Physical Information, for the Directions
- b. Physicals are held on the RCHS campus, one time per year only. The tentative date for this year is Wednesday May 14. 4:00 pm. \$20.00. This is by far the easiest way to get your child's physical and be cleared to try out for any RCHS team.