



Antelope High School

Home of the Titans

Parents and Athletes:

6/19/2020

I hope you are all doing well both physically and mentally during this unfortunate pandemic. While I understand that our athletes are antsy about getting back into the normal rhythm of sports and practices, I wanted to take the time to provide an update on the latest with the state of AnHS athletics.

Uniform Return:

At this time we have had two uniform drop offs for our spring and winter athletes to return their equipment. In the next few days, your coach will be sending you a specific sport checklist of what uniform items need to be returned. We ask that you print and fill out that information and bring it with you along with your washed uniform. Please put your uniform in a large Ziploc bag or paper/plastic shopping bag along with your checklist. Please clearly label the outside of the bag with your name and sport. Items can be turned into the specific program coach, the athletic director, or the main office. Please make sure to maintain proper social distancing of six feet at all times.

Facility Closures & Summer Practices:

Placer County School districts released a joint statement in regards to the return to high school athletics. As the letter stated, Antelope recognizes that education-based athletics is an integral part of the high school experience and with such we are excited to start the first phase of our return focused on conditioning and skill development. Summer workouts at this time will be limited to Fall athletic programs, completely optional and not a requirement for trying out for the school team. While we are excited to return, safety is our first priority. At Antelope, we are dedicated to providing the safest possible environment by following Placer County, CDC, and District guidelines. Coaches will be following strict policies to ensure that we limit exposure which include the following protocols: wearing masks at all times, gloves when necessary, and practicing social distancing measures between players and pods. A detailed plan will be sent out to each program's parents that explains the processes being used and guidelines that will need to be followed by each student, parent and coach.

Athletic Physicals:

The 2020-2021 [clearance portal](#) has been opened and you can start to complete the physical and clearance process. Students will need to have this process completed before they can participate in summer workouts, practice, or competitions (whenever that may be). For Fall athletes, those dates are as follows per CIF guidelines: Football- July 27th, Cross Country, Girls Golf, Girls Volleyball- August 3rd, Water Polo- August 17th. We understand that getting into a doctor at this time might be difficult and we have extended last year's physicals to July 25, 2020. You will have to upload last year's physical into this year's current clearance process. If you choose to take advantage of this option, you will then have to complete a new physical form by the start of regular season practice.

[Physical Paper Download](#)
[Clearance Portal](#)



Antelope High School

Home of the Titans

CIF Guidelines and the Future of Fall Sports-

The Sac Joaquin Section has notified us that there have been no changes to the present and summer calendars at this time. Therefore, we are still bound by the section bylaws with regards to practice limitations, contact with athletes etc. However, this could change and is still fluid with regards to the COVID-19 pandemic. For example, our district facilities are limited but the CIF calendar has football starting on July 27th. The section office will typically move slower in making changes until they receive information from over 95 schools in the section. Our athletic department has received no information on any final decisions of what the fall, winter and spring sports will look like in the upcoming school year.

We thank you for all your support for Antelope High School and our athletic programs during these uncertain and stressful times. As we receive additional and/or updated information regarding athletics for the upcoming school year, we will make sure to reach back out to you with those updates. If you have any questions, please feel free to contact me at cclonce@rjuhsd.us. Looking forward to a great year!

Thank you,

Cory Clonce

Antelope High School Athletics Administration

cclonce@rjuhsd.us

Go Titans!