

# SANDALWOOD ATHLETICS

2023-2024

Athletic Information  
Presentation



# SANDALWOOD ATHLETICS

IN THIS PRESENTATION WE WILL COVER:

- ADMINISTRATIVE STAFF
- SPORT DATES FOR EACH SEASON
- QUALIFICATIONS FOR PLAYING SPORTS
- PAPERWORK NEEDED TO PLAY SPORTS
- HOW TO UPLOAD PAPERWORK TO ATHLETIC CLEARANCE WEBSITE
- HOW TO GET IN TOUCH



# SANDALWOOD ATHLETICS STAFF

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# SANDALWOOD ATHLETICS SPORTS AND DATES

FALL SPORTS	PRACTICE BEGINNING DATE
BOWLING (GIRLS)	FHSAA July 31, 2023
CROSS COUNTRY (B/G)	FHSAA July 31, 2023
FOOTBALL (V/JV)	FHSAA July 31, 2023
GOLF (B/G)	FHSAA July 31, 2023
SWIM AND DIVE (B/G)	FHSAA July 31, 2023
VOLLEYBALL (GIRLS)	FHSAA July 31, 2023



# SANDALWOOD ATHLETICS SPORTS AND DATES



<b>WINTER SPORTS</b>	<b>PRACTICE BEGINNING DATE</b>
SOFTBALL SLOW PITCH (GIRLS)	OCT. 2, 2023
WEIGHTLIFTING (GIRLS)	OCT 9, 2023
SOCCER (B/G)	OCT. 17, 2023
BASKETBALL (GIRLS)	OCT. 30, 2023
BASKETBALL (BOYS)	Oct. 30, 2023
WRESTLING (B/G)	Oct. 30, 2023 (G) Nov. 6, 2022 (B)



# SANDALWOOD ATHLETICS SPORTS AND DATES

## SPRING SPORTS

## PRACTICE BEGINNING DATE

BASEBALL (JV/V)	JAN. 22, 2024
SOFTBALL (JV/V)	JAN. 22, 2024
TENNIS (B/G)	JAN. 15, 2024
TRACK AND FIELD (B/G)	JAN. 29, 2024
LACROSSE (B/G)	JAN. 23, 2024
FLAG FOOTBALL (GIRLS)	JAN 29, 2024
BEACH VOLLEYBALL	FEB 5, 2024



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

## ACADEMIC ELIGIBILITY RULES

- ATHLETES HAVE 4 YEARS OF ATHLETICS STARTING IN 9<sup>TH</sup> GRADE
- AGE LIMIT: ATHLETES THAT TURN 19 PRIOR TO JULY. 1<sup>ST</sup> OF THAT YEAR ARE ELIGIBLE
- MUST MAINTAIN A CUMULATIVE GPA 2.0



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

## PAPERWORK REQUIREMENTS

ALL PAPERWORK CAN BE DOWNLOADED FROM  
FHSAA SITE: [FHSAA.COM](http://FHSAA.COM) (PARENT TAB)

- EL 2 PHYSICAL
- EL 3 CONSENT FORMS
- MEDICAL INSURANCE CARD
- BIRTH CERTIFICATE

EL 2, INSURANCE CARD MUST BE  
UPLOADED TO ATHLETIC  
CLEARANCE WEBSITE





# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.

**Type 1**  
Home Education

Notes:

- Students enrolled in FLVS Flex or an out-of-state correspondence school are Home Education students.
- Returning Home Education students do not need to complete the EL7 Form again.

Where can my student participate?

Zoned Public School   Public School of Choice   Home Ed Coop   Private School (if allowed)

What forms are required?

EL2/EL3   EL7 \*first year only\*   EL7V   EL14 \*if applicable\*   GA4   Official Grade Records



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.



## Type 2 Charter

Note:

- Charter School students may only participate in sports NOT offered at the charter school.

Where can my student  
participate?

Zoned Public School

Public School of  
Choice

Private School  
(if allowed)

What forms are required?

EL2/EL3

EL14  
\*if applicable\*

GA4

Official Transcript



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.

**Type 3**  
Special School

Notes:

- Alternative/special schools must be approved by the school district superintendent and reported to the FHSAA Office.
- These schools must be district operated and may not sponsor ANY sports.
- Students enrolled in the FLVS District franchise may be Alternative/Special School students.

Where can my student participate?

Public School within the district the student resides

Private School (if allowed)

What forms are required?

EL2/EL3    EL14 \*if applic    GA4    A4    Official Transcript



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.

**Type 4**  
Non-Member Private

Note:  
• The Non-Member Private school must NOT be a member of the FHSAA, must have 200 students or fewer in the corresponding grade levels, and must NOT sponsor the sport.

Where can my student participate?

Any Public School

Private School (if allowed)

What forms are required?


EL2/EL3

EL12

EL12V

GA4

Official Transcript



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.



## Type 5 FLVS Full-Time

Note:

- Although completing their coursework at home, these are not Home Education students.

Where can my student  
participate?

Zoned Public School

Public School of  
Choice

Private School  
(if allowed)

What forms are required?

EL2/EL3

EL14  
\*if applicable\*

GA4

Official Transcript



# SANDALWOOD ATHLETICS RULES AND REGULATIONS

OTHER PAPERWORK REQUIREMENTS FOR  
HOMESCHOOL, PRIVATE, CHARTER ETC.

**Type 6**  
Traditional Public School

Notes:

- Traditional Public School students may only participate in sports NOT offered at their school.
- Student may only participate at school within the district the student resides in.

Where can my student participate?

Public School within the district the student resides


Private School (if allowed)

What forms are required?

EL2/EL3

GA4

Official Transcript



# SANDALWOOD ATHLETICS ATHLETIC CLEARANCE

## Sandalwood Athletes

Students that are interested in Sandalwood Athletics must have all participation documents uploaded to Athletic Clearance

<https://athleticclearance.fhsaahome.org/>

- EL 2 (physical)  
[https://fhsaa.com/documents/2023/3/3/EL2\\_Form.pdf](https://fhsaa.com/documents/2023/3/3/EL2_Form.pdf)
- EL 3 (Consent) SIGN ELECTRONICALLY
- Copy of insurance card
- Copy of Birth Certificate



### MEDICAL HISTORY FORM

Student Information (to be completed by student and parent) *print legibly*  
 Student's Full Name: \_\_\_\_\_ Sex Assigned at Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 School: \_\_\_\_\_ Grade in School: \_\_\_\_\_ Sport(s): \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/State: \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_  
 Name of Parent/Guardian: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Person to Contact in Case of Emergency: \_\_\_\_\_ Relationship to Student: \_\_\_\_\_  
 Emergency Contact Cell Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_ Other Phone: (\_\_\_\_) \_\_\_\_\_  
 Family Healthcare Provider: \_\_\_\_\_ City/State: \_\_\_\_\_ Office Phone: (\_\_\_\_) \_\_\_\_\_

List past and current medical conditions:

Have you ever had surgery? If yes, please list all surgical procedures and dates:

Medicines and supplements (please list all current prescription medications, over-the-counter medicines, and supplements (herbal and nutritional):

Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, insects):

Patient Health Questionnaire version 4 (PHQ-4)  
Over the past two weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several days	Over half of the days	Nearly everyday
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

GENERAL QUESTIONS		Yes	No	HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.				(continued)			
1	Do you have any concerns that you would like to discuss with your provider?			8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?		
2	Has a provider ever denied or restricted your participation in sports for any reason?			9	Do you get light-headed or feel shorter of breath than your friends during exercise?		
3	Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
4	Have you ever passed out or nearly passed out during or after exercise?			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)		
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			12	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQT5), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			13	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
7	Has a doctor ever told you that you have any heart problems?						

This form is not considered valid unless all sections are complete.

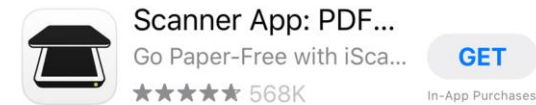


# SANDALWOOD ATHLETICS ATHLETIC CLEARANCE

Directions are as follows:

1. Click link to <https://athleticclearance.fhscahome.org/> and then create an account by clicking Register.
2. Click Start Here and fill out information
3. When prompted to upload Physical it must be in a PDF form, you can scan it on a scanner or if using your cell phone follow the following.
  - Cell phone can be used to upload physical by taking a picture of every page of the physical.
  - Download a Scan App on your phone such as Scanner App PDF, to have combine multiple pictures into one PDF.
  - Upload saved physical as one PDF file onto Athletic Clearance.
  - Repeat for other documents.

The screenshot shows the Athletic Clearance website interface. At the top, there is a navigation bar with the logo 'ATHLETIC CLEARANCE.COM' and links for 'CLEARANCES', 'INJURIES', 'MY ACCOUNT', and 'CONTACT US'. A 'Need Help' link is also present. Below the navigation bar, there is a 'Login' section with a form containing fields for 'User Name (Email):' and 'Password:', a 'Sign In' button, and a 'Forgot Password' link. To the right of the login form is a 'See How It Works!' section featuring a video player titled 'Athletic Clearance Guide' with a play button. Below the video player, there are several input fields for user information, each with a 'No' option.





# SANDALWOOD ATHLETICS SOCIAL MEDIA

- TWITTER: SANDALWOODATHLETICS  
@SANDALWOODATHL1
- DUVAL COUNTY SCHOOLS WEBSITE:  
<https://dcps.duvalschools.org/sandalwood>



# SANDALWOOD ATHLETICS FOR MORE INFORMATION

FOR MORE INFORMATION PLEASE CONTACT:

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