



VIKING ATHLETICS

NORTH SALINAS HIGH SCHOOL

Are you ready to play a sport in 2023-2024?

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



How to Be Ready

Step 1: Create an account & register at
www.athleticclearance.com.

Step 2: Upload a photo of your physical to athletic
clearance account (new one every 12 calendar months).

Step 3: Take a baseline concussion test every 2 years
(Mrs. Ashen sends via email).

Step 4: Attend a virtual Extracurricular Contract Night
(once in high school).

Step 5: Pay annual Transportation fee & purchase an
ASB sticker.

Step 6: Check your email to see when you are CLEARED.

Eligibility

1. 2.0 GPA or better
2. No more than one "F" & at least 20 credits
3. No more than one "UN" in Citizenship

****Applies to Grading Period before your sport****

There is a 1-time probationary contract that you may be
eligible to sign with Mrs. Ashen & your parent/guardian.



Fall Sports-Begin Aug 4

Cheer (Tryouts in April 2023), Cross
Country, Field Hockey, Football, Girls'
Tennis, Girls' Volleyball



Winter Sports-Begin Oct 30

Boys' and Girls' Basketball, Boys' and
Girls' Soccer, Boys' & Girls' Wrestling



Spring Sports-Begin Jan 29

Baseball, Softball, Boys' & Girls'
Swimming, Boys' Tennis, Boys' & Girls'
Track & Field, Boys' Volleyball

JEAN KINN ASHEN, ATHLETIC DIRECTOR



831-796-7500
ext 2719



jeankinn.ashen@salinasuhsd.org



<https://www.salinasuhsd.org/domain/339>