

# FHS Panther Athletics



**Florin High School is a member of the California Interscholastic Federation (CIF) and the GSL athletic league.**

## **League Members**

Florin HS Panthers  
Rancho Cordova HS Lancers  
West Campus HS Warriors  
Hiram Johnson HS Warriors  
Natomas HS Nighthawks  
Valley HS Vikings

## **Welcome to Florin High School Athletics**

I would like to welcome you and your student athlete(s) to Florin High School for the 2020-21 school year. This newsletter is designed to give you and your student athlete(s) a better understanding of our athletic program.

Becoming a student athlete is a privilege that many students enjoy at Florin High School. Athletics can be a very positive experience as being a part of a team can create memories that can last a lifetime.

Florin High School offers 19 varsity sports programs at Florin. Our athletic program has been successful on both the field of play and in the classroom. Many of our student-athletes earn academic awards and athletic accolades. If you have any questions feel free to email me at [wkapp@egusd.net](mailto:wkapp@egusd.net) or leave a voicemail with our athletic office.

Sincerely,

*Bill Kapp*

## **Athletic Clearance is now completed online!**

Our athletic clearance process is now completed online at [www.athleticclearance.com](http://www.athleticclearance.com). The athletic clearance process is very user friendly and once completed will allow your student athlete to participate in FHS athletics for the 2020-21 school year. **Parents should begin to sign up their student right away for the 20-21 school year!**

**All students will have to complete the athletic clearance process by creating an account on [athleticclearance.com](http://athleticclearance.com), uploading their athletic physical and meeting with the Athletic Director before they will be allowed to practice.**

It's important to note that all athletic physicals for the 2020-21 school year must be dated on or after May 1<sup>st</sup>, 2020. EGUSD Sports Physical forms can be found on our school website at [fhs@egusd.net](mailto:fhs@egusd.net). If you have any questions about the athletic clearance process please feel free to contact Bill Kapp at [wkapp@egusd.net](mailto:wkapp@egusd.net).

## **COHS NO CUT SPORTS**

**Fall:** Cross Country (Boys/Girls), and Water Polo (Boys/Girls)  
**Winter:** Wrestling (Boys/Girls)  
**Spring:** Track & Field (Boys/Girls) and Swimming (Boys/Girls).



## **FHS Athletics Build Character**

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, our athletic programs have been established to increase the confidence of our students. Many of the character traits needed to be a successful are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes both you and your child's experience with the Florin High School athletic program less stressful and more enjoyable.

Go Panthers!

*Bill Kapp*

Athletic Director  
Florin High School

## **Athletic Administration Contact Info:**

Athletic Director: Bill Kapp [wkapp@egusd.net](mailto:wkapp@egusd.net)  
Assistant AD: Jennifer Hilleary [jhilleary@egusd.net](mailto:jhilleary@egusd.net) (Boys/girls VB, Boy's BB)  
Assistant AD: Dan Davis [djdavis@egusd.net](mailto:djdavis@egusd.net) (Girl's BB, Soccer)

## **Athletic Coaches Directory**

### **Fall Sports:**

Football: Dan Davis [djdavis@egusd.net](mailto:djdavis@egusd.net)  
Cross Country: Randy Fairchild [rfairchi@egusd.net](mailto:rfairchi@egusd.net)  
Girls Golf: Bob Levin [rwlevin@egusd.net](mailto:rwlevin@egusd.net)  
Cheer: Gina Franklin [yraya@egusd.net](mailto:yraya@egusd.net)  
Girls Volleyball: Toby Gray [tgraysr@egusd.net](mailto:tgraysr@egusd.net)  
Water Polo: Megan Coopee [msilverh@egusd.net](mailto:msilverh@egusd.net)

### **Winter Sports:**

Boys Basketball: Tuan Nguyen [nguyenrit@gmail.com](mailto:nguyenrit@gmail.com)  
Girls Basketball: Antoine Simmons [antinesimmons731@yahoo.com](mailto:antinesimmons731@yahoo.com)  
Wrestling: Cody Aulin [aulin.cody44@yahoo.com](mailto:aulin.cody44@yahoo.com)  
Boys Soccer: Ameet Singh [coachameeto@gmail.com](mailto:coachameeto@gmail.com)  
Girls Soccer: Mikey Morgan [jrmjmorgan@gmail.com](mailto:jrmjmorgan@gmail.com)

### **Spring Sports:**

Softball: Bill Kapp & Will Fairgood [wkapp@egusd.net](mailto:wkapp@egusd.net)  
Baseball: Randy Davis [rdavis2@saclink.csus.edu](mailto:rdavis2@saclink.csus.edu)  
Swimming: Kevin Jacobson [kjacobso@egusd.net](mailto:kjacobso@egusd.net)  
Track: David Gray [dvgray@egusd.net](mailto:dvgray@egusd.net)  
Boys Golf: Bob Levin [rwlevin@egusd.net](mailto:rwlevin@egusd.net)  
COED Tennis: Sokthea Chan [stchan@egusd.net](mailto:stchan@egusd.net)  
Boys Volleyball: Toby Gray [tgraysr@egusd.net](mailto:tgraysr@egusd.net)

**When FHS wins, we all win!**

## **FH Summer Athletic Programs**

At Florin High School, many of our athletic teams run summer programs which you may want your child to participate in. Using the coaching directory to contact our coaches after June 1st, 2020 would be the most effective method of communication to ensure you and your student has all the necessary information about our summer athletic programs.

Summer programs allow new and returning students to become accustomed to high school athletics; form new friendships; and our coaches. However, these programs are not mandatory for your student(s) to make an athletic team.

This year our football, baseball, basketball (Boys/Girls), cross country, volleyball and boys soccer teams are planning on having a summer program. Feel free to use the directory above to contact one of our coaches at Florin HS about our summer programs.

Remember, that high schools athletics is a privilege and that participation in any summer program does not guarantee that your student(s) will make a team during the school year.

### **Fall Sports Starting Dates 2020-21**

Football: Monday, July 27<sup>th</sup>, 2020  
Cross Country, Girls Volleyball and Girls Golf: Monday, August 3<sup>rd</sup>, 2020  
Water Polo (Boys/Girl's): Monday, August 17<sup>th</sup>, 2020

### **Winter Sports Starting Dates:**

Boys/Girls Soccer: Monday, November 2<sup>nd</sup>, 2020  
Boys/Girls Basketball: Monday, November 2<sup>nd</sup>, 2020  
Wrestling: Monday, November 2<sup>nd</sup>, 2020

### **Spring Sports Starting Dates:**

Baseball/Softball: Monday, February 1<sup>st</sup>, 2020  
Swimming: Monday, February 1<sup>st</sup>, 2020  
Boys Tennis: Monday, February 1<sup>st</sup>, 2020  
Boys Golf: Monday, February 1<sup>st</sup>, 2020  
Boys Volleyball: Monday, February 1<sup>st</sup>, 2020  
Track & Field: Monday, February 1<sup>st</sup>, 2020