

DanaHills Surf Team Tryouts 2025-2026

Thank you for your interest in competing for the 2025/2026 Dana Hills Surf Team. Please provide all requested information as completely and clearly as possible. The information that you provide is used to place you into the correct tryout heats and to contact you in case of last minute changes. RETURN THIS FORM BY AUG. 29
Tryouts are two days: September 2 and 4 @ Salt Creek.

Last Name _____ First Name _____

Grade level (This year) _____ Gender (male/female) _____

Team(s) you are going to try out for (circle one): Shortboard Longboard Both

Spirit Wear Sizes (S,M,L,XL): T-Shirt _____ Sweat Shirt: _____ Sweat Pants: _____ Parka: _____

Home Phone: _____ E-mail address: _____

This year's surf team will be limited to between 32 and 36 members: approximately 6 to 8 girls, 4 to 6 boy longboarders, and 15 to 20 boy shortboarders.

No past surf team member is guaranteed a position on this year's surf team. With rare exception (injury, etc.) individuals interested in earning a position on the Dana Hills Surf Team must compete in the tryouts.

In order to tryout for the Dana Hills Surf Team:

1. Online Athletic Clearance: <http://www.danahillsathletics.com/athleticclearance>
You must complete this before tryouts. **You are required to print, sign, and submit the printed confirmation page to the athletic directors.** I cannot allow you to tryout if this is not completed and submitted to the athletic directors.
2. Turn in a completed surf team tryout form. (The form you are currently reading).
3. Turn in a complete Hold Harmless form. (See back)

ALL FORMS must be submitted/approved prior to participating in any surf team tryouts, if you miss a day of tryouts because your paperwork is incomplete, you will earn a zero for that day's score. You do not get an additional day.

Read the following tryout rules:

- Check in at least ten minutes before the beginning of your heat. Five minutes before your heat, find a jersey that matches the color assigned to you during your heat. Stand at the water's edge and wait for the beginning of your heat.
- Each heat begins with two whistles (or horn blasts). All heats will last fifteen minutes. A single whistle (or blast) indicates that there are five minutes left in your heat. Each heat ends with two whistles.
- You are scored on your best two waves in your heat. Try to catch at least three scoring waves. Pick waves which will allow for the most maneuvers. Attempt at least three maneuvers on each wave. Finish all maneuvers: unfinished maneuvers do not add points to your score. Ride all waves as long as possible. You may catch at most ten waves. Waves are scored on a 0-10 scale.
- Don't just sit there. If the surf shuts down, move inside and pick up one or two small waves. Paddle battle for your waves. Be aggressive but do not interfere with another competitor. The surfer with the best position is the one closest to the peak: if you don't have position, you must back-off the wave.
- DO NOT TRASH TALK: you are not concentrating on your surfing when you do.
- Do not stand up after the end of your heat. After the heat has ended, KEEP YOUR JERSEY ON, paddle to shore, and return your jersey. Do not interfere in any way with the heat that follows yours.
- Surfers with a medical excuse/injury, who cannot tryout on the scheduled days, will be allowed to tryout at a later date. Surfers in the bottom three spots (four surfers in the heat) will surf against the injured surfer once he/she has been given medical clearance. This heat will take place at a regularly scheduled practice. If there is a contest BEFORE the next regularly scheduled practice, the injured surfer will have his/her tryout during the challenge heat following the contest. They cannot compete in the contest without a proper tryout.

Return this completed packet to Mr. Sampson's (Room706) as soon as possible NOT LATER THAN AUG 30.

HOLD HARMLESS FORM

FOR PARTICIPATION IN THE DANA HILLS HIGH SCHOOL SURF TEAM TRYOUTS, WORKOUTS, AND CONTESTS AUGUST 19, 2025 THROUGH JUNE 25, 2026

THIS RELEASE LIMITS YOUR RIGHTS TO RECOVER DAMAGES IN CASE OF ACCIDENT. READ IT CAREFULLY BEFORE SIGNING.

IN APPLYING TO PARTICIPATE IN THE DANA HILLS HIGH SCHOOL SURF TEAM TRYOUTS, WORKOUTS, AND CONTESTS, I HEREBY CERTIFY AND AGREE THAT:

1. I WILL INSPECT THE SURF CONTEST OR WORKOUT SITE AND ASSURE THAT THE AREA IS SAFE FOR SURFING OR BODYBOARDING AND FURTHER AGREE THAT I WILL NOT SURF OR BODYBOARD OR ALLOW MY MINOR CHILD TO SURF OR BODYBOARD IN THESE CONTESTS OR WORKOUTS UNLESS I AM SATISFIED THAT THE AREA AND CONDITIONS ARE SAFE FOR SURFING AND BODYBOARDING PURPOSES;
2. I WILL FURTHER READ AND COMPLY WITH ALL EXISTING CONTEST RULES AND REGULATIONS, AND I WILL NOTE THE EXISTING WEATHER, BEACH, AND OCEAN CONDITIONS.
3. I VOLUNTARILY ASSUME ALL RISKS ARISING FROM CONDITIONS RELATED TO THESE CONTESTS OR WORKOUTS, OR CONTEST OR WORKOUT SITES; OR TRAVELING TO AND FROM THESE CONTESTS OR WORKOUTS.
4. IN CONSIDERATION OF YOUR ACCEPTANCE OF MYSELF OR MY MINOR CHILD'S PARTICIPATION I, INTENDING TO BE LEGALLY BOUND, HEREBY, FOR MYSELF, MY CHILD, HEIRS, EXECUTORS AND ADMINISTRATORS, HOLD HARMLESS, WAIVE, RELEASE, FOREVER DISCHARGE AND AGREE NOT SUE THE ORGANIZERS AND JUDGES OF THESE CONTESTS, THE DANA HILLS' SURF TEAM COACH, DANA HILLS HIGH SCHOOL, THE CAPISTRANO UNIFIED SCHOOL DISTRICT, THE CITY OF DANA POINT, THE COUNTY OF ORANGE AND/OR THE STATE OF CALIFORNIA FROM ALL LIABILITY FOR INJURIES AND DAMAGE WHATSOEVER, ARISING FROM MY OR MY MINOR CHILD'S PRESENCE OR PARTICIPATION IN THE ABOVE DESCRIBED SCHOOL SURFING EVENTS.
5. I CERTIFY THAT I HAVE PROPERLY NOTIFIED, IN WRITING, OF ANY MEDICAL INFORMATION, ALLERGIES, OR OTHER MEDICAL, MENTAL, OR ANY OTHER INFORMATION DEEMED IMPORTANT OR PROPER REGARDING ME OR MY MINOR CHILD THAT MAY LIMIT HIS/HER ABILITY TO PARTICIPATE IN THE AFOREMENTIONED ACTIVITIES.
6. I ATTEST THAT I AM OR MY MINOR CHILD IS PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THESE CONTESTS AND DO HEREBY GRANT THE SPONSORS SUCH RELEASE AS DESCRIBED HEREIN. I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTAND ALL OF THE ABOVE AND THIS HOLD HARMLESS FORM SHALL REMAIN IN EFFECT FOR THE DURATION OF THE 2022/2023 SCHOOL YEAR.

PARTICIPANT'S NAME (PRINT) _____ DATE OF BIRTH ____/____/____

PARTICIPANT'S SIGNATURE: _____ DATE: ____/____/____ (PLEASE ATTACH PROOF OF AGE IF OVER 18 YEARS OF AGE) TO THE PARENTS OR LEGAL GUARDIANS OF PARTICIPANTS UNDER 18 YEARS OLD.

I HEREBY CERTIFY THAT I AM THE PARENT, OR LEGAL GUARDIAN OF THE PARTICIPANT NAMED ABOVE, AND DO HEREBY GIVE MY CONSENT WITHOUT RESERVATION TO THE FOREGOING AND AGREE TO HOLD THE AFOREMENTIONED FROM ANY LIABILITY.

PARENT'S SIGNATURE _____ DATE: ____/____/____

RELATION TO PARTICIPANT _____

HOME PHONE _____ WORK PHONE _____

CAPISTRANO UNIFIED SCHOOL DISTRICT Athlete Emergency Card

(PRINT) Student Last Name _____ First Name _____
Date of Birth _____ Grade _____ Parent/Guardian Phone # _____
Parent Cell # _____ Parent Work # _____
Emergency Contact _____ Phone # _____
Relationship to Athlete _____

ALLERGIES/ITEMS OF CONCERN:

EMERGENCY TREATMENT: In the event of an accident or emergency, I give permission for the school authorities to transport my child to any available doctor or hospital, or request their services. Circle One: YES NO (If no, please advise on the line below as to what action you would like taken.)

ATHLETIC TRAINER CONSENT: The athletic trainer or other district personnel may administer first aid, follow-up treatment, and rehabilitation when appropriate in his/her professional judgment as approved by the consulting physician. Circle one YES/NO Initial: _____

PHYSICAL EXAM CERTIFICATION: I hereby certify that the above-named student/athlete was given a general physical examination and based on that examination, no illness or impairment were found which should prevent him/her from engaging in athletics. Initial: _____ Exam Date: _____ Student Name: _____

INSURANCE CERTIFICATION: I hereby certify that the above-named student/athlete is covered by health/accident insurance which provides protection for accidental bodily injury as required by the Education Code for participation in an approved school activity during the current school year. Name of Insurance Company _____ Policy Holder _____ Policy Number _____
I have purchased a school insurance plan: Circle One: YES/NO

PARENT/GUARDIAN CONSENT: Participation in the Capistrano Unified School District's approved athletic program is voluntary. My child and I agree to abide by CUSD and CIF Rules. I hereby give my consent for the above-named student/athlete to compete in a CUSD approved activity program and travel with the school representative on necessary team trips. I realize that there may be a risk of serious injury from participation in school sports. It is understood that the school district, the student body, and/or any of the employees are not financially responsible in the event of a sports related accident or injury. Signature of

Parent/Guardian _____ Date _____



CAPISTRANO UNIFIED SCHOOL DISTRICT
TRANSPORTATION AUTHORIZATION AND WAIVER FORM

Name of Student: _____ Sport/Activity Surf

Location(s) of Activity: Salt Creek / Strands

Date(s) of Activity: _____

By my signature below, I acknowledge that the Capistrano Unified School District is not providing transportation for the above described activity and that parent volunteers will arrange and provide for the transportation of the above named student. As parent/guardian, I hereby authorize and give permission for my child/ward to ride as a passenger in a vehicle driven by a parent volunteer. I further acknowledge that the District does not provide any type of insurance including liability, collision, comprehensive or medical coverage during the transportation of the named student in connection with the described activity.

I agree to hold the Capistrano Unified School District (District), its Board, officers, agents and employees harmless from all claims, losses, costs, attorney fees and expenses arising out of any liability or claim of liability for personal injury, bodily injury or death that may occur while transporting the named student.

IT IS FULLY UNDERSTOOD AND AGREED THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR, ANY INJURIES OR LOSSES RESULTING FROM THIS ALTERNATIVE TRANSPORTATION ARRANGEMENT, EXCEPT FOR LIABILITY, INJURIES OR LOSSES THAT RESULT FROM THE DISTRICT'S NEGLIGENT ACTS OR OMISSIONS.

By my signature below, I agree to waive all claims against the District and to indemnify and hold the District, its officers, agents and employees, harmless from any and all liability or claims, demands, losses, causes of action, suits or judgments of any kind including death, bodily injury or illness that may occur during any portion of the transportation phase.

Parent/Guardian Signature Date

Parent/Guardian Name (Please Print) Phone Number (include area code)

Street Address City State Zip Code

APPENDIX H



CAPISTRANO UNIFIED SCHOOL DISTRICT
San Juan Capistrano, California

PARENT/GUARDIAN PERMISSION FORM
Parent/Legal Guardian Arranged Transportation

I hereby give permission for my child _____, to be transported to the following District-sponsored activity arranged through my authority. This permission is provided voluntarily and Capistrano Unified School District is not liable for any injuries or harm if such occurs during the time he/she is being transported. (Education Code Section 44808). I understand that California law requires vehicles to be insured and that all drivers carry a valid driver's license. I agree that my child will not be allowed to transport other students to/from any school function. If I, as the parent/legal guardian of the student, authorize my child to drive him/herself, I acknowledge and agree that my child must meet all requirements to do so and if the requirements are not met, I will be solely responsible and liable for any claims or actions resulting from my child's transportation.

Name of Activity/Sport Surf

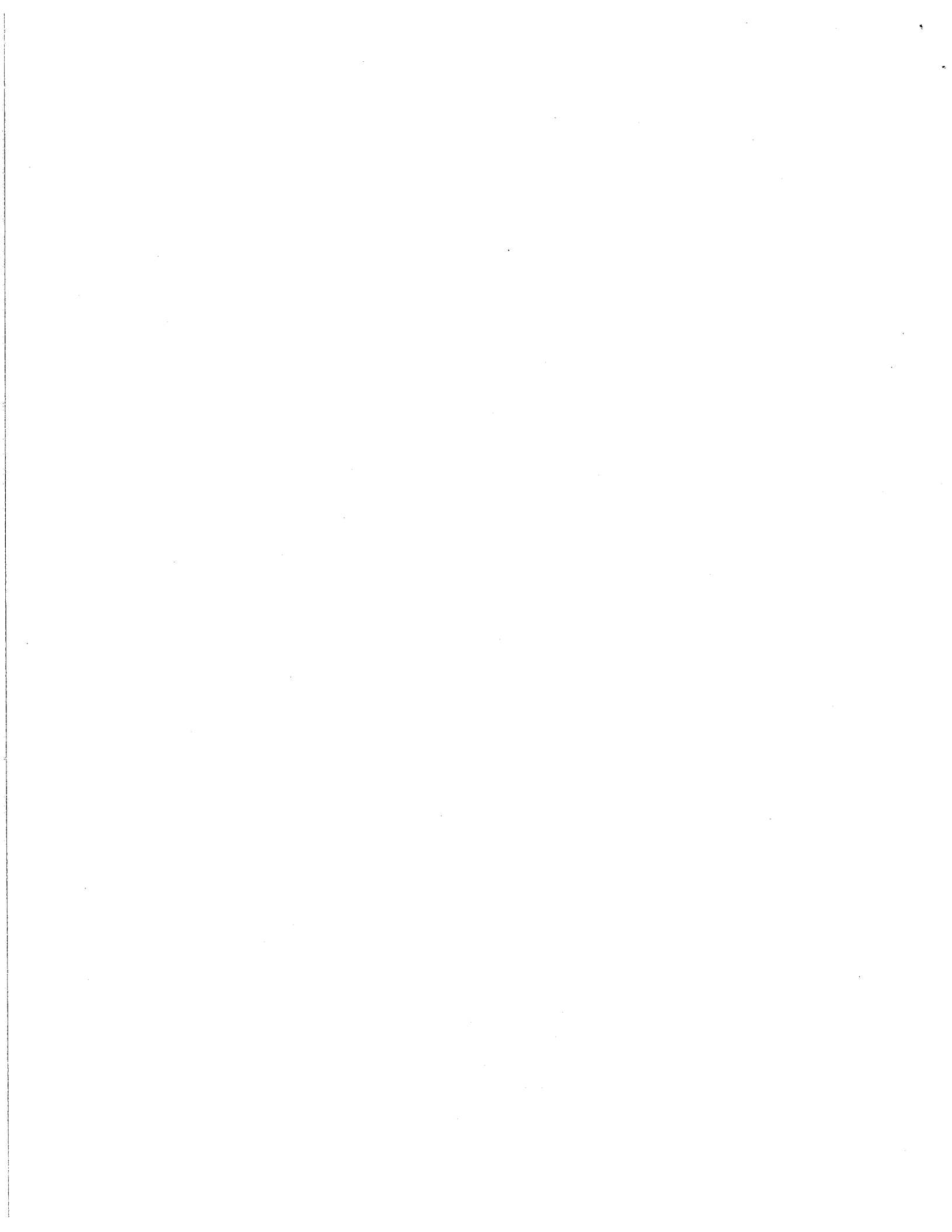
Date(s) and/or Season of Activity/Sport Aug. - June
This permit will expire at the conclusion of the above dates and will be revoked if the student is found transporting other students.

By my signature below, I agree to waive all claims against the District and to indemnify and hold the District, its officers, agents, employees, and volunteers harmless from any and all liability or claims, demands, losses, causes of action, suits or judgments of any kind including death, bodily injury or illness, or property damage that may occur during transportation I have authorized and arranged.

Parent/Guardian Signature

Date

Print Parent/Guardian Name



Surf Team Participation Guide 2025-2026

Practices and Participation Points

Mondays

- Students are to report to Room 706 or the weight room (to be determined). Late students will be marked tardy. Students who are late to class by 30 minutes or more will be marked absent. Mondays are worth 5 participation points.

Tuesdays and Thursdays

- **Checking-in:** Students are to check in at the bottom of the hill at Salt Creek from 6:50-7. *Students will lose points if they are in the water before 7am (this is according to our permit). Students will lose points if they check-in after 7:15. Students not checked in by 7:30 will be marked truant.*
- **Participation Points:** Students receive PE or elective credit for this class; therefore, students must earn their grades by surfing. ****Students that do not surf will have points deducted from their grades.* Students that do not bring a surfboard or bodyboard (and use it) will not receive credit for that class period.*** No student will be forced to surf in conditions deemed unsafe by the surfer/surfer's parent; however, surfers must still bring their surfing equipment to the beach each day to assess the conditions—Surfline predictions are often wrong. (*Only students choosing to not to surf due to large swells or other water conditions can run to earn full points).
- **LATE SURFERS (not in the water by 7:15) WILL RUN TO MONARCH POINT AND BACK**
- **Canvas:** Grades will be posted in Canvas and deducted points will be issued the following codes:
 - A- Absent -15 points (unless cleared by parent)
 - L- Late -5 points (-10 if 30 minutes late)
 - NS- No Surf -10 points
 - NE- No equipment -10 points
 - Students who do not surf because of injury, sickness, size of swell, or water quality will not lose points
- **FlexTime:** All surfers must attend FlexTime on campus with one of their academic teachers. Unless the surfer is also my student for an academic class, *no surfers will be accepted into my FlexTime unless it is to complete contest paperwork.*
- **Checking-out:** All surfers must check out in person between 8:20 and 8:30. Students **who do not check out** with Mr. Sampson will be marked truant—this is to prevent students from sneaking off early or surfing late, which violates our permit. When surfers see my van stopped at Point, they need to catch the next available wave into shore and check out with me in person.

Canceled Practices

- **Cancelations before class starts:** If weather, poor water quality, or shark sightings require the cancelation of practice, students are to meet in Room 706 at the start of the school day for study hall. This will be communicated via Canvas.
- **Cancelations during practice:** If weather, poor water quality, or shark sightings require the cancelation of practice, students will be advised where to go (home/school) based on the time practice is canceled. This will be communicated via Canvas.

Contests

Dana Hills competes against San Clemente, Laguna Beach. Other schools may include Aliso Niguel, San Juan Hills, Newport Beach, Huntington Beach. Home competitions are held at Creek Point. Away competitions against Aliso Niguel and San Juan Hills may take place on Wednesdays or Fridays, requiring students in the later heats to miss a portion or all of his/her second period class. I will have them excused for a verified school activity.

- Surfing in contests for Dana Hills High School is earned. Surfers are selected to surf in contests according to his/her performance in tryouts, most recent contest, or challenge heat. Surfers may lose his/her ability to surf in one or more contests if they:
 - are consistently late/absent from practice.
 - are on academic probation or receiving discipline for academic dishonesty
 - are being disrespectful to the coaching staff, judges, parents, or teammates
 - have violated the CUSD drug/alcohol policy

Coach Sampson and Workman have the final say in determining the lineup for each competition.

- All other surfers are alternates. Alternates can challenge the competition surfers (the ones that place 4th, 5th, or 6th) for their spot in the next competition. These challenge heats are held at regularly scheduled practices following a competition—if a surfer is absent for any reason on the day of the challenge heat, he/she has to wait until after the next challenge heat following the next contest. Additional challenge heats will not be added.
- Varsity Letters/Awards are awarded to surfers who have earned enough contest points in league competitions.
- Additional contests: NSSA State, NSSA Nationals, Scholastic Surf Series State Comp. Surfers are chosen to surf in these competitions based on the total number of points he/she accumulated throughout the season and based on availability. Additional donations may be required to pay for the entry fees for these contests.

Spirit Wear

- The optional spirit wear package costs \$125 and includes: sweatshirt, sweatpants, short sleeve shirt, long sleeve shirt. Payments will be available through the online Student Store, links will be sent via Canvas.
- Parkas are sold separately. The link to the online store will be sent via Canvas email.

Donations

- The requested donation for the surf team members is \$75. The donations are tax deductible.
- Donations cover the cost of running the program: trophies, awards, equipment, first aid supplies, assistant coach, contest fees, etc. See attached budget list.
- Should the team not meet the budget goals for the year, the team may have to scale back on the items listed in the budget or complete fundraising activities.

If you have any questions or concerns, please email me at

tw Sampson@capousd.org Please sign and detach this page.

I have read the Surf Team Participation Guide. I understand that surf team policies exist to provide students with a safe and positive learning environment. By signing this form I understand that I am/my student is expected to follow these guidelines and failing to do so could affect my/my student's ability to participate in surf team activities.

Student Name (print) _____

Student Signature _____

Date _____

Parent Name (print) _____

Parent Signature _____

Date _____

