



ATHLETICS & BAND PHYSICALS NIGHT
(MAIN GYM)
THURSDAY, MAY 8th @ 4:00 PM

This event is open to current students and in-coming 9th graders. Come meet our coaching staff, band director, and get information about our sports and band programs. ALSO, in order to start participating in any of these programs you will need athletic clearance which requires a physical.

Physicals will begin at 4:00PM and can be submitted that day.
Cost is \$25 (cash only).

Visit www.rmhsathletics.com for more information, to download the physical form, and for a link to our athletic clearance website

If you have any questions, reach out to our athletic office at
760-202-6471

YEAR ROUND TEAMS

Band mwienand@psusd.us	Cheer alara1@psusd.us	Dance malexander@psusd.us	Sports Medicine kcalderson1@psusd.us
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FALL SPORTS

Cross Country bwickstrand@psusd.us	Flag Football belliveau@psusd.us
Football lmatthews@psusd.us	Girls' Golf emartinez@psusd.us
Girls' Tennis lhicks@psusd.us	Volleyball emartinez@psusd.us
Boys Water Polo ncastillo@psusd.us	

WINTER SPORTS

Boys Basketball emartinez@psusd.us	Girls Basketball dlowe@psusd.us
Boys Soccer ccalixto@psusd.us	Girls Soccer rhernandez6@psusd.us
Boys Wrestling jdecker@psusd.us	Girls Wrestling mkezisangulo@psusd.us
Girls Water Polo ncastillo@psusd.us	

SPRING SPORTS

Baseball dshaw@psusd.us	Softball jogden@psusd.us
Boys Track & Field krobinson@psusd.us	Girls Track & Field krobinson@psusd.us
Boys Swim ncastillo@psusd.us	Girls Swim ncastillo@psusd.us
Boys Tennis rbeyronneau@psusd.us	Boys Golf emartinez@psusd.us

