

INDEPENDENCE HIGH SCHOOL

ATHLETICS *Info*

ATHLETIC DIRECTOR

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SPORTS PHYSICALS

What is it?

A medical form that an athlete must complete BEFORE participating in any sport. Athletes must be assessed by a professional and have the form completed. This form will need to be uploaded to athleticclearance.com.



Physical form
PDF

SPORTS, COACH CONTACT INFO, SOCIAL MEDIA

FALL SPORTS

Football

braunj@esuhsd.org, @ihs.varsityfb

Cross Country

@iixctf

Waterpolo

rodriguez.adrian1821@gmail.com, @inde.water

Marching Band & Color Guard

ihs76cavalryguard@gmail.com,
@independencecolorguard & @ihs_76thcavalry

Cheer

@ihs.cheerteam

Girl's Volleyball

ng.kenneth02@gmail.com, @indygirlsvolleyball

Girl's Tennis

independencegirlstennis@gmail.com, @ihsgirlstennis

Girl's Golf

lecchandra@yahoo.com & carsona@esuhsd.org,
@ihs_golfgirls

Girl's Flag Football

tramm@esuhsd.org, @ihs_girlsflagfb

WINTER SPORTS

Wrestling

@ihs_wrestlingofficial

Girl's Basketball

@ihs_girlsbball

Boy's Basketball

@ihs_boysbball

Girl's Soccer

kimballm@esuhsd.org, @ihs.soccer

Boy's Soccer

kimballm@esuhsd.org, @ihs.soccer



SPRING SPORTS

Badminton

ihsixersbc@gmail.com, @ihs.badminton

Swim

rodriguez.adrian1821@gmail.com, @inde.water

Track & Field

@iixctf

Softball

@ihssoftball76

Baseball

fernandes.p@esuhsd.org & penas@esuhsd.org
@ihs_baseball

Boy's Volleyball

Lc.lani.buckner10@gmail.com, @ihs_boysvball

Boy's tennis

@independencegirlstennis@gmail.com,
@ihs_boys10nis

Boy's Golf

bartholomewr@esuhsd.org