

2024-2025

All students MUST BE
CLEARED ONLINE
online before they may
tryout or participate
in practices.

Athletic Director Mike Woodard 904-261-5713 ext. 2615

woodardmi@nassau.k12.fl.us



# FENANDINA BEACH HIGH SCHOOL ATHLETICS HEAD COACHES' DIRECTORY 2024-2025

Athletic Director	Mike Woodard	woodardmi@nassau.k12.fl.us
Athletic Trainer	Lindsy Herd	lindsy.herd@jax.ufl.edu
FALL		
Bowling	Jonathon Alexander	alexanderjo@nassau.k12.fl.us
Cheerleading	Jensen Armstrong	armstrongje@nassau.k12.fl.us
Cross-Country - Boys	Bill Rule*	rule_bill@yahoo.com
- Girls	Dave Reinhart*	davereinhart99@gmail.com
Football	Blake Willis	williswi@nassau.k12.fl.us
Golf - Boys	Christina Steffen	steffench@nassau.k12.fl.us
- Girls	Christina Steffen	steffench@nassau.k12.fl.us
Swimming - Boys	Bill Stewart	stewartwi@nassau.k12.fl.us
- Girls	Bill Stewart	stewartwi@nassau.k12.fl.us
Volleyball	Kayla Duggan	dugganka@nassau.k12.fl.us
WINTER		
Basketball - Boys	Matt Bringman	coachbringman34@gmail.com
- Girls	Donte Ford	forddo@nassau.k12.fl.us
Soccer - Boys	Pete Kovalick*	kovalickp@bellsouth.net
- Girls	Amy Strozinsky	strozinskyam@nassau.k12.ft.us
Wrestling - Boys	Eric Kubatzke*	erickubatzke@gmail.com
- Girls	Erin Mahoney*	erinmahoney79@gmail.com
Weightlifting - Girls	Jonathon Alexander	alexanderjo@nassau.k12.fl.us
SPRING		
Baseball	Jon Shave	shavejo@nassau.k12.fl.us
Beach Volleyball	Lee Calhoun*	lee.calhoun1489@gmail.com
Football Flag	Donte Ford	forddo@nassau.k12.fl.us
Lacrosse	Tom Fricano*	tcfricano@bellsouth.net
Softball	Cris Holland*	cptcrisholland@aol.com
Tennis - Boys	Carrie Vitori*	carrievitori@gmail.com
- Girls	Susan DeMille*	susiedemille@aol.com
Track - Boys	Bill Rule*	rule_bill@yahoo.com
- Girls	Sarah Twardy	twardysa@nassau.k12.fl.us
Weightlifting - Boys	Blake Willis	williswi@nassau.k12.fl.us

### **ATHLETIC CLEARANCE**

Quick steps for parents/students using the online athletic clearance process.

- 1. Visit <a href="https://athleticclearance.fhsaahome.org/">https://athleticclearance.fhsaahome.org/</a>
- 2. Select Florida
- 3. First Time Users:
- · Create an Account. PARENTS/GUARDIANS will register with a valid email username and password.
- 4. Return Users:
  - · Enter login information and click "Sign In"
- 5. Sign In using your email address that you registered with
- 6. Select "Start Clearance Here" to start the process.
- 7. Choose:
- School Year in which the student plans to participate.
- School at which the student attends and will compete at
- Sport/s (We recommend that if the student will be participating in multiple sports, that those sports are added all at once)
- 8. Complete all required fields for Student Information, Parent/Guardian Information, Medical History, Signature Forms and upload a File if applicable. (If you have gone through the Athletic Clearance process before, you will select the Student and Parent/Guardian from the dropdown menu on those pages and the information will autofill)
- 9. Once you reach the Confirmation Message you have completed the online registration process.
- 10. The student is not Cleared yet! This data will be electronically filed with your school's athletic department for review. When the student has been cleared for participation, an email notification will be sent.

Questions? Use the yellow Help option on the bottom right of the screen and submit a ticket.

### Online Athletic Clearance FAQ

### What is my Username?

Your username is the email address that you registered with.

### How do I register for multiple Sports?

If you know you are going to play multiple sports when registering, it is best to add all sports on the first step where you also select the school year and school. If you are registering for additional sports after completing your initial clearance for the year, you will have to complete the process again. The good news is that if you select the student & parent/guardian info from the dropdown on those respective pages, the information will autofill.

### **Physicals**

The physical form your school uses can be downloaded on Medical History page.

### Your Files

This area is meant to store your files so they can be accessed later in the year or perhaps years following.

### Why haven't I been cleared?

Your school will review the information you have submitted before clearing you for participation. Once they review your clearance they will change the status. You will receive an email when you have been cleared for participation

### My sport is not listed!

Please contact your school's athletic department and ask for your sport to be activated.

### I was "Denied" clearance, now what?

You should have received an email with the reason for denial. Please update your clearance accordingly then contact your school's athletic department and ask them to review your information again.



### PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.

EL2
Revised 4/24

### **MEDICAL HISTORY FORM**

Stud	ent's Full Name	e completed by student an	•	_	Piolo	gical Sayr Agor D	ata of Dirth	,	,
Scho	ool:			G	rade in Sc	gical Sex: Age: D hool: Sport(s): Home Phone: ( )	ate of birtil.	/	/
Hom	e Address:	C	itv/State:			Home Phone: ( )			
Nam	e of Parent/Guardian:			E-m	ail:				
Pers	on to Contact in Case of E	mergency:		Rela	tionship t	o Student:			
Eme	rgency Contact Cell Phone	≘: ()	Work Phon	e: (	)	o Student:Other Phone:	( )		
Fam	ily Healthcare Provider:		City/State	2:		Office Phone:	()		
List p	past and current medical	conditions:						•	
Have	you ever had surgery? If	yes, please list all surgical pro	ocedures and	dates:			**************************************		***************************************
Med	icines and supplements (	please list all current prescrip	tion medicatio	ons, ov	er-the-co	unter medicines, and supplem	ents (herbal	and nu	tritional)
Do y	ou have any allergies? If y	es, please list all of your aller	gies (i.e., med	licines,	pollens, f	ood, insects):			
	ent Health Questionaire v	ersion 4 (PHQ-4) often have you been bothere	ed by any of th	e follo	wing prob	lems? (Circle response)			
		Not at all		21	s v	Over half of the days	Nearl	y everyo	day
	ling nervous, anxious, on edge	0		1		2		3	
Not being able to stop or control worrying 0		1			2	3			
	Little interest or pleasure in doing things		1			2	3		
Feeling down, depressed, or hopeless 0 1				2	3				
Expl	JERAL QUESTIONS ain "Yes" answers at the end e questions if you don't know	the answer.	Yes No	HEA (cor	itinued)			Yes	No
1	your provider?	you would like to discuss with		8	example, 6 (ECHO)?	or ever requested a test for your heart electrocardiography (ECG) or echocard	t? For lography		
2	Has a provider ever denied or s sports for any reason?	restricted your participation in		9	Do you get light-headed or feel shorter of breath than your friends during exercise?				
3	Do you have any ongoing med	cal issues or recent illnesses?		10 Have you ever had a seizure?					
HEA	RT HEALTH QUESTIONS A	BOUT YOU	res No	HEA	RT HEALT	H QUESTIONS ABOUT YOUR I	FAMILY	Yes	No
4	Have you ever passed out or ne exercise?	early passed out during or after		Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)					
5	Have you ever had discomfort, your chest during exercise?	pain, tightness, or pressure in		Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome,					
6	Does your heart ever race, flutt (irregular beats) during exercise			arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminerigc polymorphic ventricular tachycardia (CPVT)?					
7	Has a doctor ever told you that	you have any heart problems?		13		e in your family had a pacemaker or an r before age 35?	implanted		



### PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent.

This form is valid for 365 calendar days from the date signed below.



BOI	NE AND JOINT QUESTIONS	Yes	No	ME	DICAL QUESTIONS (continued)	Yes	No
14	Have you ever had a stress fracture?			26	Do you worry about your weight?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?			27	Are you trying to or has anyone recommended that you gain or lose weight?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?			28	Are you on a special diet or do you avoid certain types of foods or food groups?		
MEI	DICAL QUESTIONS	Yes	No	29	Have you ever had an eating disorder?		
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?			Exp	olain "Yes" answers here:		<u> </u>
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?			11 -			
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?			]		····	
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?			— 			
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?			]			
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?						***************************************
23	Have you ever become ill while exercising in the heat?				· · · · · · · · · · · · · · · · · · ·		
24	Do you or does someone in your family have sickle cell trait or disease?						
25	Have you ever had or do you have any problems with your eyes or vision?						
juri juri repa ach thei thei e a	cipation in high school sports is not without rise questions allows for a trained clinician to asset es and death. Florida Statute 1006.20 requires articipation physical evaluation as the first step year before participating in interscholastic at physical activity, including activities that occurreeby state, to the best of our knowledge, thoutine physical evaluation required by Floridate hereby advised that the student should un	sk. The ess the in a stude of injurable to control outside the con	student ndividu ent cand ry preve ompetit e of the answers e 1006.	-athle al stud lidate ention ion or school s to th 20, ar	e above questions are complete and correct.  nd FHSAA Bylaw 9.7, we understand and ackillar assessment, which may include such diag	sports- illy com be com andition In addi nowledge	related plete a pleted ling, or tion to ge that
ecor	nmends a medical evaluation with your healtho listed above.	are pro	vider fo	r risk f	est. The FHSAA Sports Medicine Advisory Comr actors of sudden cardiac arrest which may inclu	ide the	special
					Signature: Date:		
ren	t/Guardian Name:(pr	inted) Pa	arent/Gu	ıardian	Signature: Date:	/_	_/
iren	t/Guardian Name:(pr	inted) Pa	arent/Gi	ıardian	Signature: Date:	,	,



**PREPARTICIPATION PHYSICAL EVALUATION** (Page 3 of 4) This medical history form should be retained by the healthcare provider and/or parent. This form is valid for 365 calendar days from the date signed below.



### PHYSICAL EXAMINATION FORM

Student's Full Name:	Date of Birth: //	School:	
HEALTHCARE PROFESSIONAL REMINDERS: Consider additional questions on more sensitive issues.			
Do you feel stressed out or under a lot of pressure?	Do you ever feel sad, hopele	ess, depressed, or anxio	us?
Do you feel safe at your home or residence?	During the past 30 days, did	you use chewing tobac	co, snuff, or dip?
Do you drink alcohol or use any other drugs? .	<ul> <li>Have you ever taken anaboli supplement?</li> </ul>	ic steroids or used any c	other performance-enhancing
<ul> <li>Have you ever taken any supplements to help you gain or lose weight or improve your performance?</li> </ul>	of low energy during the pas	st year?	tigued, and/or experienced times
Verify completion of FHSAA EL2 Medical History (pages 1 and 2), rev Cardiovascular history/symptom questions include Q4-Q13 of Medical Medical History	iew these medical history recal History form. <i>(check box</i>	esponses as part o if complete)	f your assessment.
EXAMINATION			
Height: Weight:	w	·····	
BP:         /         (         /         ) Pulse:         Vision: R 20/	L 20/	Corrected: Yes	No
MEDICAL - healthcare professional shall initial each assessment		NORMAL	<b>ABNORMAL FINDINGS</b>
Appearance  Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyl, horolapse [MVP], and aortic insufficiency)	nyperlaxity, myopia, mitral valve		
Eyes, Ears, Nose, and Throat Pupils equal Hearing			
Lymph Nodes			
Heart  Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)			
Lungs			
Abdomen			
Skin  Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylococcus Act	areus (MRSA), or tinea corporis		
Neurological			
MUSCULOSKELETAL - healthcare professional shall initial each assessme	nt	NORMAL	ABNORMAL FINDINGS
Neck			
Back			
Shoulder and Arm			
Elbow and Forearm			
Wrist, Hand, and Fingers			
Hip and Thigh			
Knee			
Leg and Ankle			
Foot and Toes			
Functional  Double-leg squat test, single-leg squat test, and box drop or step drop test			
This form is not considered valid u	ınless all sections are cor	mplete.	
Consider electrocardiography (ECG), echocardiography (ECHO), referral to a cardiologist for abnormal dvisory Committee strongly recommends to a student-athlete (parent), a medical evaluation with your h	cardiac history or examination findir healthcare provider for risk factors of s	ngs, or any combination audden cardiac arrest whi	thereof. The FHSAA Sports Medicine ch may include an electrocardiogram.
Name of Healthcare Professional (print or type):		Date of	f Exam: / /
Address:Phone: ( )	E-mail:		
ignature of Healthcare Professional:	Credentials:	Licen	se #:

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and/or cardio stress test.

### PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL This form is valid for 365 calendar days from the date signed below.



### **MEDICAL ELIGIBILITY FORM**

Student Information (to be completed by s Student's Full Name:	tudent and parent) print legibl		A D-+EDI	
School:	Grad	_ biological sex;	Age: Date of Birth	·://
School:Home Address:	City/State:	Home Phon	e: ( )	
Name of Parent/Guardian:	E mail			
Person to Contact in Case of Emergency:	Relatio	nship to Student:		
Person to Contact in Case of Emergency:  Emergency Contact Cell Phone: ()  Family Healthcare Provider:	Work Phone: (	)(	Other Phone: ()	
Family Healthcare Provider:	City/State:	(	Office Phone: ()	
The preparticipation physical evaluation must §464.012, or registered under §464.0123, and in	be administered by a practitione a good standing with the practition	r licensed under Florid ver's regulatory board. (	a chapter 458, chapter §1006.20(2)(c), F.S.)	459, chapter 460
☐ Medically eligible for all sports without restriction	n			
☐ Medically eligible for all sports without restriction	n with recommendations for further e	valuation or treatment of:	(use additional sheet, if ne	cessary)
☐ Medically eligible for only certain sports as listed	below:			
☐ Not medically eligible for any sports				
Recommendations: (use additional sheet, if necessary,	)			
I hereby certify that I, or a clinician under my direct Physical Evaluation and have provided the concinequested. Any injury or other medical condition treated by an appropriate healthcare professional Name of Healthcare Professional (print or type):	lusion(s) listed above. A copy of t ns that arise after the date of this al prior to participation in activitie	he exam has been retai s medical clearance sho s.	ned and can be accesse uld be properly evaluat	ed by the parent as ed, diagnosed, and
Name of Healthcare Professional (print or type): Address:			Phone: /	
Signature of Healthcare Professional:		Credentials:	License #:	
SHARED EMERGENCY INFORMATION - comple	eted at the time of assessment by	practitioner and parer	nt	
Check this box if there is no relevant medi	ioni historiuta abaua aalata d	p		
participation in competitive sports.	cal history to share related to	Provide	er Stamp (if required by s	school)
Medications: (use additional sheet, if necessary)				
List:		<u> </u>		
Palayant modical history to be reviewed by athle	<u></u>			
Relevant medical history to be reviewed by athle				
☐ Allergies ☐ Asthma ☐ Cardiac/Heart ☐ Cond		☐ Orthopedic ☐ Surgio	cal History Sickle Cell	Trait 🗌 Other
Explain:				
Signature of Student:	Date:/ Signature of Par	rent/Guardian:		
We hereby state, to the best of our knowledge the infadvised that the student should undergo a cardiovasc	ormation recorded on this form is cor ular assessment, which may include s	nplete and correct. We un uch diagnostic tests as ele	nderstand and acknowledge ctrocardiogram (ECG), echo	e that we are hereby ocardiogram (ECHO),

This form is not considered valid unless all sections are complete.



### PREPARTICIPATION PHYSICAL EVALUATION (Supplement)

SUBMIT THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL.
This form is valid for 365 calendar days from the date signed below.



This form is only used, or requested, if a student-athlete has been referred for additional evaluation, prior to full medical clearance.

### **MEDICAL ELIGIBILITY FORM - Referred Provider Form**

Student Information (to be completed by st	udent and parent) <i>print leg</i>	ibly			
Student's Full Name:		Biological Sex:	Age:	Date of Birth:	/ /
School:	G	rade in School:	Sport(s):		
School: Home Address:	City/State:	Home !	Phone: (	)	
Name of Parent/Guardian:	E-m	nail:			
Person to Contact in Case of Emergency:	Rela	tionship to Student: _			
Emergency Contact Cell Phone: ()	Work Phone: (	)	Other P	hone: ()	
Family Healthcare Provider:	City/State:		Office P	hone: ()	
Referred for:	Di	agnosis:			
I hereby certify the evaluation and assessment for which the conclusions documented below:					
☐ Medically eligible for all sports without restriction	as of the date signed below				
			1.494		
☐ Medically eligible for all sports without restriction	after completion of the following	treatment plan: (use do	iaitionai sneei	t, if necessary)	
☐ Medically eligible for only certain sports as listed in	pelow;				
☐ Not medically eligible for any sports					
Further Recommendations: (use additional sheet, if nec	essary)	•			
Name of Healthcare Professional (print or type):				Date of Exam:	_/_/
Address:			Pl	none: ( )	
Signature of Healthcare Professional:					
Provider Stamp (if required by school)					
1	1				

 ALL Student-Athletes MUST complete annually the following FHSAA required NFHS Learn courses, per FHSAA policy, before participation: (all courses are <u>FREE</u>) Upon completion, certificates are to be included in uploaded documents to athletic clearance.

- 1. <a href="https://nfhslearn.com/courses/concussi-on-for-students">https://nfhslearn.com/courses/concussi-on-for-students</a>
- 2. <a href="https://nfhslearn.com/courses/heat-illness-prevention-2">https://nfhslearn.com/courses/heat-illness-prevention-2</a>
- 3. <a href="https://nfhslearn.com/courses/sudden-cardiac-arrest">https://nfhslearn.com/courses/sudden-cardiac-arrest</a>

## The Nassau County School District

### PROOF OF ACCIDENT INSURANCE

Required for Athletic, Cheerleading, and Extracurricular Activity Participants

The Florida Statutes and the Nassau County School Board Administrative Rule 5.71 require that students participating in Interscholastic Athletics, Cheerleading, and Extracurricular Activities MUST have accident insurance, and proof of the insurance is to be kept on file at the school.

This is to confirm that my child,	, who is a
	(Print Name of Student)
student at(Name of School	is covered under the
following accident insurance policy:	
Name of Insurance Company	·
Policy Number	
I understand that my child will not be pe Cheerleading, and/or Extracurricular Ac maintain accident insurance coverage fo	ermitted to participate in Interscholastic Athletics, fivities without accident insurance, and I agree to or my child during his/her participation.
Parent Signature	Date
STATE OF	COUNTY OF
The foregoing instrument was acknowledge	ed before me this by (Date)
	, who is personally known to me or who has
(1 ype of identification)	as identification and who did (did not)
take an oath.	
(Title or Rank)	(Signature of Notary taking Acknowledgment)
(Serial Number, if any)	(Name of Notary, typed, printed or stamped)

# Nassau County School District Medical Authorization Form

(Stud	lent's Name) has my permission to participate in extra-curricular
	School and/or the School Board of Nassau
County.	
Board of Nassau County, Florida, its agents, servants, em consent to on behalf of the Participant and Participant's any physician, hospital, or attendant which is deemed no result of involvement in the Activity. I agree to abide and do assume full financial responsibility for and agree to participant.	t aid and medical care. The name of our health insurance
•	
I further authorize any physician, hospital or medical atteinformation deemed necessary by them with respect to operate as an authorization for such person(s) to receive	the treatment of my child. Execution of this document shall
	all be valid and usable by The School Board of Nassau County chool within said District and this authorization shall remain valid
Parent or Guardian:	Date:
STATE OF	COUNTY OF
The foregoing instrument was acknowledged befo	ore me thisby
	(Date)
, who is	personally known to me or who has
(Name of Person Acknowledged)	personally known to me or who has
produced	as identification and who did (did not) take an oath.
(Type of Identification)	as restricted and who are follows take an oath.
(Title or Rank)	(Signature of Notary taking Acknowledgment)
(Serial Number,if any)	(Name of Notary, typed,printed or stamped)
MIDDLE AND HIGH SCHOOL STUDENTS:	
I hereby certify that I have read, understand and agree to	o abide by all of the rules of conduct and regulations of The
School Board of Nassau County and if appropriate, the F	lorida High School Activities and Athletic Association. Any
violation of these rules and regulations will subject me to	o disciplinary action.
Student's Signature:	Date:

# The Nassau County School District



Superintendent of Schools

1201 Atlantic Avenue Fernandina Beach, Florida 32034

"Empowering others through a commitment to e

(904) 491-9900 Fax (904) 277-9042 info@nassau.k12.fl.us

### NASSAU COUNTY SCHOOL BOARD STUDENT DRUG TESTING CONSENT FORM

I understand that submission to testing for the presence of drugs and alcohol is a condition of participation in extracurricular activities and for the operation of a motor vehicle on school property. I further understand that if I refuse to take the test, or if the test establishes a violation of the drug testing policy, I will face disciplinary action set forth by the Nassau County School Board policy.

By signing and dating this form, I consent to any random or reasonable suspicion drug testing that might be required during the 2024-2025 school-year. The random testing will be done throughout the school year. The selection for the random testing will be performed by the testing agency with the selected students being notified on the day they are to report for drug testing. I also understand the provisions of reasonable suspicion testing.

By signing and dating this form I understand that the costs for random and reasonable suspicion testing will be paid for by the school district. I also understand that the cost for the assessment and rehabilitation program, in the event of a violation of the drug testing policy, is the responsibility of the student.

I hereby consent to the administration of a drug test, if selected, and to the conditions listed in this consent. By signing and dating this form I attest that I have read and understand Nassau County School Board Rule 2.48, which outlines the district drug testing policy printed in the Code of Student Conduct.

Student's Name:		(Please Print)	
Date:	_ Signature:		···········
Parent/Guardian's Name:		(Please Print)	
Date:	_Signature:		·**·
Signature of Notary:		Date:	
Commission Expires:		17.007.00.00.00.00.00.00.00.00.00.00.00.0	•

Our mission is to develop each student as an inspired life-long learner and problem-solver with the strength of character to serve as a productive member of society.