

This physical plus an online clearance constitutes physical clearance



ALISO NIGUEL HIGH SCHOOL ATHLETIC CLEARANCE CHECKLIST



☐ 1. Visit www.homecampus.com and in the upper right corner select "For Parents & Students"

☐ 2. **CREATE an account** and provide a valid email address & password. If you already have an account please log in.

Note: It's important that you include a valid email address as email verification is required prior to registration.

☐ 3. **SELECT** the "Start Clearance Here!" button (upper right corner) to get started.

☐ 4. **SELECT** Aliso Niguel High School, the year **2025-26**, and all the sports your athlete plans to participate in.

☐ 5. **Step #1: Student Information**
a. **COMPLETE** all required fields.
b. **INSURANCE**- All athletes are required to have insurance. *(If you would like to obtain insurance, please contact the athletics office for a list of resources.)*

☐ 6. **Step #2: Parent/Guarding Information**
a. **COMPLETE** all required fields.
b. Make sure all emails and phone numbers are valid.

☐ 7. **Step #3: Medical History.**
a. **COMPLETE** all required fields:

☐ 8. **Step #4: E-Signatures**
***Read and Sign All Documents**
a. **Parent/Guardian Signature:** Sign all forms the exact way you filled in your name under Parent/Guardian Information.
b. **Student Signature:** Sign all forms the exact way you filled in your athletes name under the student Information.

☐ 9. **Step #5: Files**
a. **Physical Form:** upload a scan/picture of physical performed within the last year.
b. **Proof of insurance:** upload a scan/picture of Insurance Card.

Note: If you need to come back at a later time to upload documents, scroll down and select save to move onto next step.

☐ 10. Upon **completion** of all steps the **Registration Confirmation Sheet** will pop up. You will need to print out, sign and email a scan/picture to our Clearance Coordinator Lauren Mott at lemott@capousd.org

Note: You will also receive this in an email from Home Campus, check your spam if it does not appear in your inbox.

****To be cleared by the athletic office****

- ☐ Complete **all** online registration steps
- ☐ Upload physical and insurance card
- ☐ Email a scan/picture of signed Registration Confirmation page to lemott@capousd.org

YOU WILL NOT BE CLEARED TO PARTICIPATE IN SPORTS UNTIL ALL OF THESE DOCUMENTS HAVE BEEN PROVIDED

-Transfer Students- Each CIF section requires special forms when a student is transferring from one school to another. Make sure you are adhering to all of the eligibility and transfer rules.



Aliso Niguel High School

Sports Physicals

ON CAMPUS: 28000 Wolverine Way, Aliso Viejo

📅 Date

May 20 & 21



Pricing

\$40



Time

3:30PM - 6PM

Teaming up

Aliso Niguel High School has partnered with South Coast Medical Group to perform Sports Physicals for the 2026/2027 School Year.

SOUTH COAST WILL DONATE \$20 BACK TO ALISO ATHLETICS



**SOUTH COAST
MEDICAL GROUP**
FAMILY PRACTICE URGENT CARE



Payment information

Can pay with Venmo, Cash or Check made out to SCMG

@Shannon-OConnor-30445



venmo

Please DO NOT Venmo until the day of your physical.

Please list your students name in the memo for CREDIT of PAYMENT

What to bring

The top portion of CUSD physical paperwork must be filled and signed by parent/guardian. The bottom portion will be filled out by Physician. Signed Consent form if athlete is coming without parent/guardian.

Please note: Physicals from Primary Physician are also accepted