



March 2022

Dear Future Red Devil,

Congratulations on your acceptance to San Francisco University High School!

We are certain that your time here will be one of the most amazing periods of your life — full of great achievements, life-long friendships, and personal development that will prepare you wonderfully for college and beyond.

We especially hope that you will choose to be a part of Red Devil athletics. Our program has a great reputation and a long track record of success, and we encourage you to join us. In fact, in a typical year (pre-pandemic!) over 90% of the ninth-grade class chooses to play on one or more of our teams. Across the entire student body, that participation rate is over 80%. In large part this is because UHS student-athletes consistently report their experience to be positive—the #1 goal for our program.

Here are ten reasons that we hope you will become a student-athlete at UHS:

1. The balance your life will have between academics, athletics, and other UHS activities
2. The thrill of pursuing league, section, and state titles (across every one of our athletic programs, our teams routinely qualify for league, section and state playoffs)
3. The fun you will have during team trips, events, and just hanging out together
4. The leadership skills you will develop as a senior member of the team or a captain (35% of the senior class serve as team captains)
5. The preparation you will receive for college athletics (about 15% of each class makes a varsity team in college, most as a recruited athlete)
6. The confidence you will gain from competing with your teammates and experiencing both adversity and success
7. The excitement of Big Red Fridays, being a part of or playing in front of a sea of Red Devil fans and representing University with pride and passion
8. The value of learning through personal experience the “teamwork + focus + effort = success” model
9. The amazing coaches you will love playing for and who will be important to you long past graduation
10. The friends and experiences that will provide you with memories to last a lifetime



Our athletic program is structured to make broad student participation possible. We offer 14 sports, and many athletes go out for sports they never played before entering UHS. We also form JV or freshmen teams whenever our numbers make that possible and hire coaches who strive to make your athletic experience positive, constructive, and memorable.

The Athletic Staff including our 60+ coaches, trainers, and strength and conditioning staff look forward to meeting you and learning about your athletic background. We are happy to answer your questions, explain how athletics work at UHS, and explore what choices might make sense for you.

Again, congratulations on your acceptance to San Francisco University High School and the exciting world of Red Devil athletics!

Sincerely,

UHS Athletics Department

Jim Ketcham  
Athletic Director

Elizabeth Schaffernoth  
Associate Athletic Director

A'Jaee Foster  
Assistant Athletic Director