



**Alameda High School
Athletic Department**

Welcome to the 2023-2024 school year!

The following letter details important information for anyone interested in participating in athletics at Alameda High School during the upcoming school year.

Registration

Athletic Registration for all sports for the 2023-2024 school year will open at 8:00am on July 1, 2023. Registration must be completed by a parent or guardian on [ArbiterSports](#) (formerly FamilyID). Each completed registration is reviewed by the athletic department prior to being approved. In order to be approved, a valid [physical form](#) must be uploaded in ArbiterSports. A valid form must be completely filled out and signed by a parent or guardian and a doctor. Both signatures must be dated on or after July 1, 2023, and the form must be stamped by the doctor’s office. Forms with signature lines that are dated prior to July 1, 2023 will not be accepted; the date the physical occurred will not affect approval. Once approved a student may participate in conditioning, practice, and/or try-outs. Students may not participate in athletics in any capacity until they are approved through ArbiterSports.

If you have registered previously, you can use the same account. If you have never registered for anything on ArbiterSports a parent or guardian will need to create a new account in order to submit a registration. Each student requires a separate registration; but if you have more than one student participating in athletics, you can register them individually from the same account. Registrations submitted from a student’s AUSD email address will be denied.

The athletic department encourages you to register as soon as possible rather than waiting until the approval deadline is near. The amendment process may result in your student-athlete not being approved by the deadline. The Athletic Director uses registration numbers to make decisions about sports such as whether a team is viable or if additional personnel is needed. Accurate registration and approval numbers allow better decisions to be made earlier.

Try-out or practice start dates and ArbiterSports Approval Deadlines

ALL SPORTS	DATE	TIME
Registration on ArbiterSports OPENS	July 1, 2023	8:00 AM
Summer Conditioning Dead Period	July 1, 2023 - July 9, 2023	all day
Registration on ArbiterSports CLOSES	January 29, 2024	5:00 PM
All 23-24 Athletic Registrations Expire	June 30, 2024	midnight
FALL SPORTS (Cheer, Football, Boys and Girls Water Polo, Girls Tennis, Girls Volleyball, Girls Golf, Cross Country, Flag Football)		
First Date of Fall Sports	August 7, 2023	all day

ArbiterSports Approval Deadline (Fall Sports)	August 21, 2023*	5:00 PM
WINTER SPORTS (Boys and Girls Basketball, Boys and Girls Soccer, Boys and Girls Wrestling)		
ArbiterSports Approval Deadline (Winter Sports)	October 23, 2023	5:00 PM
First Date of Winter Sports	October 30, 2023	all day
SPRING SPORTS (Baseball, Softball, Track and Field, Swimming and Diving, Boys Volleyball, Boys Golf, Boys Tennis, Badminton)		
ArbiterSports Approval Deadline (Spring Sports)	January 29, 2024	5:00 PM
First Date of Spring Sports	February 5, 2024	all day

***Please note:** this date is after the first day of practice to allow for incoming freshmen and transfers to participate in a fall sport. All Fall athletes should try to be approved by the first day of practice which is August 7th.

Transfer Eligibility

If your student has NOT attended either Alameda High School continuously for the last 12 months, please schedule a meeting with the Athletic Director to determine whether you will need to file transfer paperwork in order to establish residential eligibility. Transfer students who are approved on ArbiterSports may workout with the team, but they are NOT permitted to participate in any scrimmage or competition until cleared by the North Coast Section (NCS). Participation in a competition and/or a scrimmage prior to clearance could result in forfeiture of games and ineligibility. Additional Transfer Information is available [here](#).

Academic Eligibility

Student-athletes are expected to be “students first” and maintain exemplary character in the classroom by being in class on time every day, modeling mature behavior, and focusing on academics. If a student-athlete falls below a 2.0 at any of the 4 official grading periods they must contact the Athletic Director for the possibility of being granted a one-time probation. The student’s GPA must fall between a 1.5 and 1.99 to be eligible for probation. If probation is granted, there will be weekly progress checks in order to maintain eligibility. Students whose GPA is below 1.5 at any of the official grading periods will not be eligible to play or to apply for probation during the following grading period.

Students enrolled at ASTI, NEA, or ACLC

If a student attends Alameda Science and Technology Institute (ASTI), NEA Community Learning Center (NEACLC), or Alameda Community Learning Center (ACLC), and they live in the Alameda High School attendance Zone. You can use [this website](#) to determine which school your student is eligible to try-out for. When they make the team, they will need to meet all other eligibility requirements.

Contact Info

If you have any sport-specific questions, please email the head coach. Coach contact information can be found on the [Alameda High School Athletics website](#). You may also email the athletic director, Lani Molina - lmolina@alamedaunified.org, however, please note that response times will be delayed during the summer. The [AHS Athletic Boosters website](#) is also a great resource for athletics information. We look forward to a fun year of sports!