

Foothill Athletics 2024-25 How-To Cheat Sheet



To be eligible to participate in Foothill Athletics, be sure you have completed the following & are aware of school policies

This sheet will help to guide you through (1) Summer Programs & (2) Getting you into athletics for the fall

SUMMER: (This information will be relevant until the beginning of summer. After that, skip this section)

Summer programs are not mandatory, but are a good way to get training to your sport & work with the Foothill coaches.

- ✓ **BY 6/7: Register & Pay for Summer Camps Through myschoolbucks.com**
 - Information regarding camps can be found on the Foothill website
 - Registration on Athletic Clearance & Physicals (below) will apply for the camps

HOW TO GET ONTO THE 6th PERIOD ATHLETICS ROSTER & YOUR TEAM (This applies to registration in August & beyond)

AFTER AUGUST 30 (8/30), NO NEW ADDS WILL BE MADE TO ATHLETICS UNTIL 2nd SEMESTER

- ✓ Your sport may have tryouts – See the Foothill Website for tryout dates or contact the coach

PRIOR TO REGISTRATION (7/29) – HOW DO I GET ONTO AN ATHLETIC ROSTER?

- ✓ Coaches will be submitting their rosters in mid-July. You will need to communicate with them (There may be a tryout prior to that)
 - THIS COACH LIST WILL ONLY GET YOU IN THE 6th PERIOD ATHLETICS HOLDING PERIOD, NOT THE OFFICIAL ROSTER. IF YOU DO NOT **COMPLETE THE NEXT TWO STEPS**, **YOU WILL BE DROPPED:**
 - **By 7/25: Complete Registration on AthleticClearance.com** (link can be found at the Foothill website under athletics)
 - What if I don't? You will be dropped from 6th period athletics
 - **By 7/25: Complete your physical* & upload to AthleticClearance.com**
 - What if I don't? You will be dropped from 6th period athletics
 - *What if I have a physical that expires after this date & I can't schedule one until after that due to my insurance? You may use the one from the previous year UNTIL IT EXPIRES, but we still **MUST HAVE IT ON FILE**. Submit it through the same process on AthleticClearance.com

FROM REGISTRATION & BEYOND – HOW DO I GET ONTO AN ATHLETIC ROSTER?

After registration, there will be NO '6th period athletics' adds – ONLY ADDS DIRECTLY TO THE 6th PERIOD SPORT roster. **YOU WILL NEED: COACH APPROVAL, [ATHLETICCLEARANCE.COM](https://AthleticClearance.com) REGISTRATION AND YOUR PHYSICAL UPLOADED (all 3 will be verified prior to approval – you will need a signed coaches' form)**

- ✓ **7/29-8/2: Attend registration** & verify you have 6th period athletics
 - What if I don't have 6th period? CONTACT THE HEAD COACH. ADs/Counselors will not add you to the team without coach approval. Also check your [athleticclearance.com](https://AthleticClearance.com) & physical.
 - If you are LOOKING TO ADD A SPORT, it's the same as above. You will need: **COACH APPROVAL, [ATHLETICCLEARANCE.COM](https://AthleticClearance.com) REGISTRATION AND YOUR PHYSICAL UPLOADED**
 - **THERE WILL BE NO EXCEPTIONS**
 - **AFTER AUGUST 30, THERE WILL NO ADDS TO WINTER/SPRING SPORTS UNTIL 2nd SEMESTER. (FOOTBALL DEADLINE IS JULY 19; FALL SPORTS DEADLINE IS 8/16. IF YOU DECIDE TO QUIT THE SPORT AFTER AUGUST 30, IT WILL BE TOO LATE UNTIL SEMESTER. (schedules get locked in by counselors)**
- ✓ **By 8/14: Pay the transportation fee that corresponds to your sport**
 - What if I don't? You may be restricted from participating in school activities (such as dances, senior activities, etc.) or be unable to pick up things like yearbooks
 - You should be able to pay this fee at registration – If you have not tried out for the sport, then you may want to wait to pay this fee

✓ **Throughout the year: Maintain high academic standards & classroom citizenship**

- What if I don't? Academic tutorial, academic probation & athletic ineligibility are all possibilities if good grades are not maintained.
- A 2.0 GPA is the minimum GPA to participate. However, those athletes (starting week 4 of the semester) with D's or F's may be required to submit progress reports and/or attend tutorial sessions. If an athlete becomes ineligible, they will be removed from their sport and placed in a study skills class.

Best of luck on the upcoming year!

Here are some short cuts to QR codes:

Coaches & teams:		Sport interest survey (accessible prior to 5/29)	
Freshman How-To Page		Summer Programs Page	
Athletic clearance .com			

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