



# Amherst Central School District

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Anthony J. Panella  
Superintendent

Robert Adams  
Director of Health, Physical Education and Athletics

To: Student-Athletes (Gr. 7-12) & Parents/Guardians  
From: Robert Adams, Director of Health, PE & Athletics  
Subject: Spring Sports 2025 Information  
Date: 1/20/2025

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Spring Sport Athletes & Families,

**The official start date of the spring sports season is March 17th (JV & Varsity) and March 24th (Modified).** The athletic department is working diligently to ensure we are ready (schedules, staff, facilities, etc.). There are certain requirements that must be completed in order for athletes to start on time as well. Please review the following information and let us know if you have any questions/concerns or need further assistance.

**FinalForms Sports Registration: \*Spring Registration opens 2/15/2025 and Closes on 3/16/2025\***

Amherst athletics is partnered with **FinalForms**, an online forms and data management service to handle our athletic registration process. Paper forms are no longer being accepted for sports participation. Please register to participate in a spring sport at: <https://amherst-ny.finalforms.com>. For step by step directions on using FinalForms, refer to the [Parent Playbook](#) document.

**Health/Physical Examinations:**

All athletes must have a current health/physical examination on file with their school health office. The health/physical examination must be valid for Day 1 of the spring season. You can check the status of your health/physical examination by contacting your school nurse.

- HS Nurse: Kelly Linton , RN ([klinton@amherstschoools.org](mailto:klinton@amherstschoools.org)) P: 716-362-8165
- MS Nurse: Nicole Perna, RN ([nperna@amherstschoools.org](mailto:nperna@amherstschoools.org)) P: 716-362-7104 F: 716-836-0193

Updated medical forms/documentation can be mailed, faxed, dropped off or uploaded to the FinalForms registration platform.

**Athletic Placement Process (APP):**

The APP process is intended for 7th & 8th grade athletes that have an interest in tryout out for a high school level spring sport. This is intended for “exceptional” student-athletes that are physically, mentally and socially ready to compete at the high school level. If interested, please review the [APP Protocol](#) and return the signed [parent permission form](#) no later than March 5th to the athletic office. Mandatory fitness testing will be held on **March 4th (AMS North Gym, 4-5pm)**. Information can be found on the [athletics website](#).

- When registering for a sport in FinalForms, select the modified level sport. Upon completion of the APP, the athletic office will move your registration to the high school level for the tryout period.

- If you have previously completed the APP process, you do not need to go through the process again. However, you will need to sign the [parent permission form](#) for the current season. The athletic office will move your registration into the high school level for the tryout period.
- If your student athlete has gone through the APP process for another sport you will still need to fill out the permission form. Parents should contact the coach for an APP request.

**Additional Information:**

For additional spring sports information please visit our [athletics website](#), here you will find updated information, including, coach directory, sports photo information, APP process, etc. Lastly, I encourage you to follow us on Twitter (X) and Instagram @AmherstTigers1 for up to date information and news.

If you have any questions, please don't hesitate to contact the athletic office and/or your coach!

Go Tigers!

A handwritten signature in black ink, appearing to read 'Robert Adams', with a stylized flourish at the end.

Robert Adams  
Director of Health, PE and Athletics