



Amherst Central School District

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 2026 Information
Date: 1/27/2026

Spring Sport Athletes & Families,

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.

The official start dates for the Spring sports season are:

March 9 (JV & Varsity Sports)
March 16 (Unified Basketball)
March 23 (Modified Sports)

FinalForms Sports Registration Dates:

Spring Registration opens February 8, 2026
Spring Registration closes on March 8, 2026

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 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 student athlete's season. You can check the status of your health/physical examination by contacting your school nurse.

- HS Nurse: Katy Rieske, RN (krieske@amherstschoools.org) P: 716-362-8165 F: 716-836-4972
- MS Nurse: Nicole Perna, RN (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 February 20 to the athletic office. Mandatory fitness testing will be held on **February 26 (AMS North Gym, 4-5 pm)**. 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 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/recommendation.

District Wellness Fair

March 12, 2026

Windermere Boulevard Elementary, 5-7 p.m.

The Health, Physical Education, and Athletics Department along with the Family Support Center hosts this FREE event for families to participate in fitness activities and presentations, sample free healthy snacks and learn about health & wellness topics along with summer camp programming from community organizations. Hope to see you there!

Additional Information:

For additional Winter sports information please visit our [ATHLETICS WEBSITE](#), here you will find updated information, including start dates/times/locations, coach directory, sports photo information, APP process, schedules etc. You can see up to date schedules on [ARBITER Live](#). Lastly, I encourage you to follow us on *Twitter 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!



Robert Adams,
Director of Health, PE and Athletics