



# Falcon Athletics

Saratoga High School

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- BOYS AND GIRLS CROSS COUNTRY
  - FIELD HOCKEY
  - FOOTBALL
  - GIRLS GOLF
  - GIRLS TENNIS
  - GIRLS VOLLEYBALL
  - BOYS AND GIRLS WATER POLO
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- REGISTRATION: JUNE 18-AUGUST 8TH
  - START DATE: AUGUST 3RD or AUGUST 6TH
  - SEASON ENDS: EARLY-MID NOVEMBER

# FALL SPORTS

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- BOYS AND GIRLS BASKETBALL
- BOYS AND GIRLS SOCCER
- CO-ED WRESTLING
  
- REGISTRATION: OCTOBER 1-OCTOBER 28
- START DATE: OCTOBER 29
- SEASON ENDS: MID TO LATE-FEBRUARY

# **WINTER SPORTS**

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- BADMINTON
  - BASEBALL
  - BOYS GOLF
  - BOYS AND GIRLS LACROSSE
  - SOFTBALL
  - BOYS AND GIRLS SWIMMING & DIVING
  - BOYS TENNIS
  - BOYS AND GIRLS TRACK & FIELD
  - BOYS VOLLEYBALL
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- REGISTRATION: DECEMBER 17-JANUARY 27
  - START DATE: JANUARY 28
  - SEASON ENDS: EARLY TO MID-MAY

# **SPRING SPORTS**

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- Follow instructions on video
- Create an account
- Complete the online forms
- Verify Health Insurance
- Concussion Information
- Sudden Cardiac Arrest Information
- Permission and Release of Liability
- Athletic Screening History & Physical Exam
- Download the physical exam form during registration. Copies are also available at [saratogaathletics.org](http://saratogaathletics.org)

**REGISTRATION MUST BE COMPLETED  
BY PARENT/GUARDIAN ONLY!**

**[Athleticclearance.com](http://Athleticclearance.com)**

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- SIGNED CONFIRMATION PAGE
- SIGNED PHYSICAL EXAM FORM WITH DATE OF PHYSICAL SIGNED BY DOCTORS OFFICE
- DONATION CHECK OF \$275
- STUDENTS WILL NOT BE ALLOWED TO TRY OUT UNLESS THEY HAVE A TICKET TO PLAY. TICKETS MAY BE PICKED UP IN ACTIVITIES OR ATHLETICS OFFICE

# **TICKET TO PLAY**

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## WHERE DOES MY DONATION MONEY GO?

- TEAM EXPENSE ACCOUNT ONCE SPORT REACHES 85% PARTICIPATION (\$34,350)
- OFFICIALS (\$36,500)
- TRANSPORTATION/VANS (\$41,000)
- ASSISTANT COACHING STIPENDS (\$77,000)
- LEAGUE DUES (\$12,000)
- UNIFORMS (\$20,000)

# DONATIONS

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- Being a high school athlete requires a commitment
- Most teams practice 5 or 6 days per week
- Practice times vary by sport based on field/court availability
- **Winter/Spring athletes may have practice/games during Winter and Spring break.**
- **VACATIONS ARE NOT EXCUSED ABSENCES**
- We do all we can to minimize loss of instructional time in the classroom, however students may have to miss class to attend games.
- Each team has its own attendance policy for grading

# Practices/Games

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- Athletes earn physical education credits for sports
- Athletes are given a furlough between sports seasons and do not have to return to PE class
- Fall athlete will return to PE on first day of 2<sup>nd</sup> semester if not on winter or spring sports team
- Winter athletes will start in PE, go to their sport in November and either return to PE in February or go to spring sport
- Spring sport athletes will start in PE for 1<sup>st</sup> semester and attend tryouts in February. If they do not make the team, they return to PE.
- Athletes do not attend PE during tryouts.

# PE/Athletics


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- Rosters vary by team/sport. Facilities and size of coaching staff play a role in number of kids on a roster
- Athletes are entitled to a 3 day tryout period
- Athletes moving from one sport to another sport also get the same 3 day tryout period
- In-season athletes must finish their current season before they are allowed to try out for a new team
- You may only tryout for one sport as state law forbids over 3 hours of practice in a given day

# Tryouts

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Everyone involved, ultimately is here for the same reason: To give your son/daughter a viable life changing experience through sports. We all care for your son/daughter's future and high school experience.

We are sharing this with you because of our commitment and conviction to SHS Athletics.

We hope, as a community, to grow through their experiences participating in High School Athletics

# **In Closing**

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