



**INTERNATIONAL**

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**ATHLETIC DEPARTMENT**

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**General Questions**  
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All student-athletes can expect a 4-6 day per week commitment during their season. High School Athletics continues through school breaks, including competitions.

To view team schedules, purchase gear, find coach contact information, and read general news, check out our website: <https://www.internationalsf.org/school-life/athletics/high-school/new-athletes>

March 17, 2020

Dear Future Jaguars,

It is with great excitement that we welcome you to International High School. You are now part of a strong tradition of excellence in academics AND athletics. We are looking forward to your participation in our thriving athletic program. You can count on all of us in the Athletic Department for any guidance and support you may need during your International High School journey.

Below are important dates for our student-athletes. Also, included is the contact information for our Athletic Department personnel. Should you have any specific questions please feel free to contact us directly. In preparation for the fall season, we begin our athletic season for Girls Volleyball & Boys Soccer on Monday, August 10th, Women's Tennis and Cross Country will begin on August 17th.

**All fall student-athletes should attend the Fall Athletics Leadership Orientation 8/17 - report to the Jaguar Den (gymnasium) at 8 am. If you are planning on playing a winter/ spring sport, we will have your Leadership retreat on Monday, January 15th. This is a fun day, filled with activities geared to help you navigate your way through high school athletics, meet new friends, and learn a lot about sports at International. Fall student-athletes, meet at the gymnasium at 8:00 am on August 17th.**

Throughout the summer months, there will be open gyms and conditioning sessions offered for student-athletes to stay in shape over the summer. More details on these opportunities can be found on the website.

If we can be of any assistance to you, please feel free to contact me or come by for a one-on-one meeting.

GO JAGS!  
Sara Johnson  
Director of Athletics

DATE	INFORMATION
Monday, August 10, 2020	<b>TEAM Fall Sports Practice Evaluations Start - Men's Soccer &amp; Women's Volleyball.</b>
Monday, August 17, 2020	<b>Student-Athlete Leadership Orientation:</b> Fall sport student-athletes are expected to report to the International High School gym for the first day of the Athletics Leadership Retreat. From there, we will bus to Baker Beach for a day filled of fun, yet challenging activities. This day will set you up for a successful year as an International student-athlete.  <b>INDIVIDUAL Fall Sports Start - Women's Tennis, Men's and Women's Cross Country</b> If you are interested in Club Sailing, please email <a href="mailto:athletics@internationalsf.org">athletics@internationalsf.org</a> for more information
Monday, November 2, 2020	<b>Winter Sports Start - Men's Basketball, Women's Basketball, Women's Soccer.</b> If you are interested in Club Skiing, please email <a href="mailto:athletics@internationalsf.org">athletics@internationalsf.org</a> for more information
Monday, February 8, 2021	<b>Spring Sports Start - Men's and Women's Badminton, Baseball, Women's Lacrosse, Men's and Women's Swimming, Men's Tennis and Mens and Women's Track &amp; Field and Men's Volleyball.</b>

