

# HOW TO SIGN UP FOR A SPORT AT INTERNATIONAL

a step-by-step guide

All student-athletes must complete the following steps to be CLEARED TO PARTICIPATE.

# 1

**GET INVOLVED!** We don't make cuts at International, and (in most cases) we offer multiple team levels. Even if you're new to a sport, there is a place for you at International.

# 2

**SIGN UP on FAMILY ID.** You can find the link on the New Athlete Page

[internationalsf.org/newathlete](https://internationalsf.org/newathlete)

# 3

**TURN IN YOUR YEARLY PHYSICAL.** All High School student-athletes in the state of California are required to have a yearly doctor's physical. Find the form on the New Athlete Page:

[internationalsf.org/newathlete](https://internationalsf.org/newathlete)

You may turn in your physical 3 ways:

1. Upload to your FamilyID profile
2. Email to [athletics@internationalsf.org](mailto:athletics@internationalsf.org).
3. Turn in to the Athletic Office, room 68 in the basement.

Create a profile and fill out important information. You will need insurance, emergency contact, and personal information on hand to fill out your profile.

# 4

**TURN IN YOUR ANNUAL UNIFORM DEPOSIT:** We take pride in our uniforms, and when you wear them for the season, you should too! All we ask is that they be returned on time & in good condition. The deposit is a promise that you'll do just that. The check is \$500, made out to "International High School", post-dated for 6/1/2021. Turn in to the Athletics Office, room 68 in the basement. The checks are shredded at the end of the year, and only cashed if you do not return your uniform at all.

# 5

**CHECK YOUR TEAM PAGE.** Look at your team's schedule before the season starts to understand the commitment & identify potential conflicts. Student-athletes can expect a 4-6 day per week commitment, depending on the sport. We practice and compete over school breaks. **Team Pages** can be found through the athletics website.

# 6

**ATTEND OPEN GYMS & GET IN SHAPE!** Over the summer & in the off-season, there will be weekly opportunities to work out with our Strength & Conditioning Coach, so come in! Also, some sports will have open gyms. For more information, check out the Open Gym Calendars on the New Athlete Page:

[internationalsf.org/newathlete](https://internationalsf.org/newathlete)

**QUESTIONS? REACH OUT!** Feel free to email [athletics@internationalsf.org](mailto:athletics@internationalsf.org) for any questions, and our Coaching Directory can be found through the athletic website.