

Dear Future Middle School Athletes and Families,

If your child wishes to participate in **2024 Spring Athletics**, please follow the steps below. Please note that only 7th and 8th grade students are eligible to participate in interscholastic athletics at the middle school level.

### Upper Arlington Middle School Sports Offered

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
Cheerleading (Football)	Basketball (Girls)	Baseball
Cross Country (Girls)	Basketball (Boys)	Lacrosse (Girls)
Cross Country (Boys)	Cheerleading (Basketball)	Lacrosse (Boys)
Field Hockey	Wrestling	Softball
Football		Tennis (Boys)
Golf (Girls)		Track & Field (Girls)
Golf (Boys)		Track & Field (Boys)
Soccer (Girls)		Volleyball (Boys)
Soccer (Boys)		

Tennis (Girls)		
Volleyball (Girls)		

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## **STEP #2- REGISTRATION (8to18)**

- **DEADLINE TO REGISTER FOR SPRING SPORTS IS January 29th, 2024**
- Before your child may participate in any tryout or practice (excludes open fields/open gyms/conditioning), that child must be registered on 8to18. No student-athlete will be permitted to participate until this process is complete.
- **How to Register on 8to18:** Please visit <https://jonesms.8to18.com/> and choose the Spring Sport for which your child plans to try out or participate in. Follow the prompts and complete the registration. You should receive a confirmation email once this has been successfully completed. You can use one account to register multiple athletes if applicable. **If you already have an account, log back in and your child's previous profile should be saved.** If you have any questions, please visit our Jones Athletics website (<https://www.uaschools.org/formsinformation2364.aspx>) for more information about creating an 8to18 account. Directions are attached to this email.
- **For the most part there have been few issues with registering, but if you have an issue with 8to18, please reach out to 8to18 Support at [support@8to18.com](mailto:support@8to18.com).**

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## **STEP #3- PHYSICAL (completely separate from 8to18 Registration)**

- **You CANNOT upload this yourself to 8to18**
- **Copy due to Megan Imwalle by JANUARY 29TH for SPRING sports**
- **DO NOT send physical to the Athletic Director or School Nurse**
- Link to 23-24 OHSAA Physical Form (22-23 form will work)  
[https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/2023-24PPE\(English\).pdf](https://ohsaaweb.blob.core.windows.net/files/Sports-Medicine/2023-24PPE(English).pdf)
- Make a copy for yourself
- Email PDF or drop off hard copy at Jones for Megan Giesige, Jones Athletic Trainer ([mimwalle@uaschools.org](mailto:mimwalle@uaschools.org))

- Physicals are good for 13 MONTHS from the date of the examination.
- EXAMPLE: If your child had a physical on February 10 of 2022, that child would be able to participate in all sports up until March 10 of 2023. In order to complete the entire 2023 spring season however, your child would need a new physical by March 10, 2023 or they would have to sit out until this is completed.
- Can't get in to see a doctor? Urgent Care in Kingsdale Shopping Center provides physicals for around \$20.

**Your child may attend, but will *NOT* be permitted to participate in tryouts, practice, etc. unless we have an updated physical on file.**

## **Questions about Physicals?**

**Reach out to Megan Giesige, Athletic Trainer, at [mimwalle@uaschools.org](mailto:mimwalle@uaschools.org)**

**Continue to Step 4 on next page**

### **STEP #4- TRYOUTS AND START DATES**

- Specifics for all tryouts and start dates will be communicated by coaches through 8to18 shortly **after** the deadline to register
- ***If you are not registered by JANUARY 29th, you will NOT receive specifics on these dates and times***
- There will be non-mandatory opportunities to participate in sports before the official start date, but participation in these events is optional and will never directly result in making a team or how much playing time an athlete earns.

## **Questions?**

**Reach out to a Coach:**

**<https://www.uaschools.org/Teams1.aspx>**

**All practice/tryouts dates/times are determined by the head coach. If a coach is not listed on the website, no specifics on dates or times will be determined until that coach is hired.**

## **Tryout Policy**

The length of time for athletic tryouts is three days. Any athlete trying out for a team is guaranteed an opportunity within those three days to demonstrate their athletic abilities in that sport. Students have the opportunity to attend part or all of the tryout period. Attending all tryouts may enhance your chances, but does not guarantee a position over another athlete who has a better tryout, but does not attend all tryout days. The coach's choice is based solely on a student athlete's tryout. All coaching decisions are final. Below is an outline of the expectations concerning team selection:

## **Responsibility**

1. Choosing members of athletic squads is the sole responsibility of the Head coach and his/her assistants.
2. Prior to tryouts, coaches should have in place the criteria used to select team members.

## **Procedure**

When squad reduction is necessary, the process will include two important elements:

1. The completion of a minimum of three (3) practice sessions
2. Student athletes are personally informed of the cut by the coach and the reason for the action.

Cut list should not be posted.

Coaches should discuss with the student athlete alternative possibilities for participation in other sports or activity programs. It is strongly encouraged to have a written evaluation process that coaches chart students as they go through tryouts.

## **Team Commitment & Attendance**

The goal of the middle school athletic program is to promote interscholastic athletics while promoting and accommodating for as many curricular and co-curricular activities as possible. It is the expectation that every athlete holds the same order of priorities when resolving conflicts with interscholastic sporting events. Curricular and co-curricular events like choir concerts are the highest priority, then interscholastic sports, then non-school related events like club sports. Additionally, all dates of personal religious or cultural significance are accommodated.

We recognize that not all athletes and families will resolve conflicts in this way on all occasions. However, if an athlete chooses to attend an event of lesser priority, such as participating in a club sport rather than an interscholastic practice, that choice can be taken into account by the coaching staff when making decisions.

A choice to participate in interscholastic sports means keeping to these priorities or deferring to coaches decisions when these priorities are not followed.

### **Trying out for more than one Middle School Sport**

Typically, it is permissible to participate in two sports at the same time if participating on one does not have a significant impact on the other (as determined by each coach), and only one of the sports is a cut sport (exception-both can be cut sports if tryouts do not overlap and the child is cut from one team before tryouts conclude for the other).

Typically, it is permissible to try out for two cut sports in the same season only if tryouts do not overlap and the child is cut from one team before tryouts conclude for the other. Essentially, a child cannot make 2 cut teams in the same season.

The reason behind the cut sport portion is that we don't want to have a situation where Child A gets cut, Child B makes the team and then Child B ultimately decides to pursue something else, leaving Child A still having been cut. In that scenario, we essentially cut a child for no reason. This is why we encourage children who make a team, to commit to that team. In addition, we do not want to have a situation where a child gets cut and we have another child make the team who will only be there part of the time because they are committed to an additional cut sport.

That being said, if tryouts for multiple cut sports occur on the same date (at different times), it is permissible for a child to attend the first day of tryouts for both sports to get a feel for his or her competition. After this first day of tryouts however, the child would need to choose one sport to pursue.

I know it sounds complicated, but again the goal is to provide as many opportunities as we can. I would rather have two kids make cut teams they can commit to fully as opposed to one child taking two positions on cut teams when they cannot fully commit to either.

### **COACH VACANCIES**

I am searching for quality candidates to fill the following positions for next year. If you know someone who qualifies and would be interested in a long term position, please send them here:<https://www.applitrack.com/uaschools/onlineapp/default.aspx?Category=Athletics%2fActivities>

## **CONCLUSION**

Lastly, I just want to say that I appreciate your flexibility and patience as we attempt to navigate the registration process. Unfortunately, this process can be a bit challenging for several reasons, but we are doing all we can to ensure that we are ahead of the game this upcoming season. That being said, we must continue to be flexible in our quest to offer quality athletics in a manner that not only quenches your child's thirst to compete, but also provides for their unconditional safety.

Very best,

**Mindy Bean**

**\*\*\*Reminder: Coaches will *ONLY* reach out to those who are registered through 8to18. If you do not register through 8to18 by the deadline, you will not hear from coaches or myself regarding open fields, conditioning or tryouts. For safety reasons, we cannot have children show up who are not registered\*\*\***