

WILDCAT ATHLETICS

FREQUENTLY ASKED ATHLETIC QUESTIONS

What sports are offered at SI and when do they start?

FALL SPORTS - Start Date: August 5, 2022 (Freshmen • JV • Varsity)			
Men's Cross Country	Women's Cross Country	Women's Field Hockey	Football
Women's Golf	Coed Sailing (Club Sport)	Women's Tennis	Women's Volleyball
Men's Water Polo	Women's Water Polo		
WINTER SPORTS - Start Date: October 31, 2022 (Freshmen • JV • Varsity)			
Men's Basketball	Women's Basketball	Men's Soccer	Women's Soccer
SPRING SPORTS - Start Date: January 30, 2023 (Freshmen • JV • Varsity)			
Baseball	Men's Crew	Women's Crew	Men's Golf
Men's Lacrosse	Women's Lacrosse	Softball	Men's Swim & Dive
Women's Swim & Dive	Men's Tennis	Men's Track & Field	Women's Track & Field
	Men's Volleyball		

What forms do I need to tryout?

There are multiple forms for an SI Athletic Department Family to complete and all forms must be completed online on FamilyID. Athletic families will be required to create an account, complete and sign-off on the forms, and upload a completed Medical Clearance Form. It's best to have your Medical Clearance Form completely filled out before starting the process. The platform opens on June 1, 2022 so try to get your medical examination done and then use this link to start the process:

[FAMILY ID LINK FOR ATHLETIC REGISTRATION & TICKET TO PLAY MEDICAL FORM](#)

How many tryout days will I get?

All **Freshman** athletes receive 3 days of tryouts in their first choice sport. Freshmen will get up-to-3 days of tryouts if they go out for a second sport in the same season. All **JV and Varsity** athletes receive up to 3 days of tryouts.

Can I tryout for more than 1 sport in a season?

Yes. You can tryout for another sport if you do not make your first choice sport. Athletes must communicate to both coaches prior to tryouts so logistics can be settled.

Can I play a club sport while playing a sport for SI?

Each program handles this question differently. Please communicate with the SI coach if you plan to play a club sport at the same time as an SI sport. **It is important to note that if an athlete plays a club sport while playing a sport for SI, the school events are always the priority over the club event.**

Can I play the same club sport while playing that same sport for SI?

The CIF does not allow an athlete to play the same sport in the same season. For example, you might be able to play club volleyball during the high school basketball season but you cannot play club volleyball during the high school volleyball season. Individual sports such as tennis, golf, swimming and track & field, and, the team sport of soccer have specific rules where you can play both but there are certain restrictions for each sport -- please contact the Athletic Director for these specific rulings.

Are there any fees to play sports at SI?

Families are responsible to purchase some Wildcat Athletic gear on-line such as sport packages and sport specific gear. The cost varies by sport. Varsity families are responsible for payments when SI team travel on overnight trips.

Does SI practice at off-campus sites?

Yes, we practice at multiple sites. We use Fairmont Field (Field Hockey, Soccer, Baseball and Softball) in Pacifica, Marchbank Park (Baseball) in Daly City, Gellert Field (Soccer and Lacrosse) in Daly City, and some rec fields in San Francisco. Our crew teams row at Lake Merced.

How will my son/daughter get to off-campus practices?

We provide school transportation to and from these locations for all Freshman and JV teams. Varsity team members, who have a valid California Driver's License may drive themselves to these sites. On practice days, the return practice bus will arrive at SI before the 6:30 PM Peninsula and Marin buses depart.

How will my son/daughter get to away games all the way in San Jose?

We provide school transportation to many games. Most are 1-way trips with the expectation that parents will attend and drive their child home, or arrange car pools with other parents. There is no guarantee that a returning athlete from a game will make the late bus service home.

Can I pick my child up after the game and go home?

Many of our programs will allow you to take your child home after a contest. You will need to touch base with that coach and communicate that pick up information with him/her. For example, if we were to play a game in the East Bay, it would make sense for the East Bay family to pick up their son/daughter instead of going back to SI to be picked up and brought home. It is important to note that communication is vital by the family to the coach regarding these type of pick ups. There will also be sometimes when our coaches will ask all the team members to ride back in the bus as this is a team bonding moment as well.

What can I talk to a coach about?

You may talk to a coach anytime if there are concerns about your son and/or daughter. If you want to meet with a coach, please make an appointment.

When can I talk to a coach about these issues?

Meetings with coaches should never take place before or after a game. Please email the coach and ask for a time to meet and he/she will get back to you with a time and location.

Can our family vacation during the season?

Each athletic program produces a season syllabus which states the expectations of attendance for the season. In general, the expectation is that each member of the team will be at every practice and game. However, there are excused absences such as illness, meetings with a teacher/counselor, or a conflict with another SI event. Athletes generally practice during the school holidays and often times on the holidays themselves.

We have a family wedding in Utah during the season - can my child go to the wedding and return to his/her starting position when he gets?

A family reunion or wedding could be an excused absence. If an athlete does travel during the season, the coach will not punish the athlete who missed the team events. He/she would reward those athletes who were in attendance. For example, if the starting point guard of the basketball team went away for 7 days during Christmas vacation while the team practiced, that guard would have to earn his/her time back at practice before playing in a game.

Can my son or daughter play JV or Varsity?

Yes. There are times when a freshman can compete at a higher level. We let the coach make that decision at try-outs if a freshman can play at the JV or Varsity level.

Can my freshman son or daughter workout with the team in the off-season?

We have some opportunities for freshmen to attend some open facilities in different sports throughout the year.

Can my freshman son or daughter play with the high school program in the summer before the first day of school?

The SI Athletic Department will send information in March about Summer workout and sport opportunities. The WCAL allows for incoming 9th graders to workout, play in open gyms, and attend school camps.

What is the minimum GPA for an athlete to participate?

The minimum GPA requirement is a 2.0.

If you have any additional questions, please feel free to email the Athletic Director at jmulkerrins@siprep.org

