

BIIF/ WAIAKEA HIGH ATHLETIC PARTICIPATION REQUIREMENTS

- **ACADEMICS**
 - 1ST QTR. ALL FRESHMEN ELIGIBLE REGARDLESS OF 8TH GRADE GPA
 - 2ND QTR ELIGIBILITY DETERMINED BY 1ST QTR GRADES
 - SUB 2.0 GPA OR F IN A REQUIRED SUBJECT RESULTS IN PROBATIONARY STATUS
 - PROBATIONARY STUDENTS CAN PARTICIPATE IF THEY PASS A GRADE CHECK EVERY 2 WEEKS.
 - PROBATIONARY STUDENTS WHO DO NOT PASS A GRADE CHECK ARE ALLOWED TO PRACTICE BUT NOT PARTICIPATE IN GAMES OR MISS SCHOOL TO ATTEND GAMES.
- **PHYSICAL EXAM** ON A DOE FORM SIGNED BY AN M.D. (GOOD FOR 12 MONTHS FROM DATE OF PHYSICAL) FORMS MAY BE DOWNLOADED FROM WHS WEBSITE, PICKED UP FROM THE WHS OFFICE OR TRAINING ROOM.
 - DO NOT WAIT TO SCHEDULE A PHYSICAL, MANY DOCTORS HAVE A 2+ MONTH WAIT LIST.
- SIGNED AND COMPLETED PARENT PERMISSION FORMS (PAGE 2 OF PHYSICAL FORM)
- ATTENDANCE AT PRESEASON PARENT MEETING (PRIOR TO ANY CONTEST)

HHSAA ATHLETIC START DATES. (on website Sportshigh.com)

TRYOUT DATES ARE PUBLISHED IN THE TRIBUNE HERALD OR THE WAIAKEA HIGH DAILY BULLETIN.

- **FALL SPORTS** TRYOUTS START AROUND LATE JULY-EARLY AUG
 - RIFELRY, CROSS COUNTRY, FOOTBALL, GIRLS VOLLEYBALL,
 - CHEER: TRYOUT MEETING IN MAY, TRYOUTS EARLY JUNE FOR INCOMING FRESHMEN
- **WINTER SPORTS** TRYOUTS START AROUND MID OCTOBER TO MID NOV
 - , SOCCER, BOYS BASKETBALL, GIRLS BASKETBALL, SWIMMING, PADDLING, WRESTLING
 - JV BASEBALL , JV SOFTBALL STARTS EARLY (mid December – concurrent with winter sports)
- **SPRING SPORTS** TRYOUTS START AROUND LATE JAN-EARLY APRIL
 - GOLF, TENNIS, TRACK & FIELD, WATER POLO, , BASEBALL, JUDO, SOFTBALL, BOYS VOLLEYBALL

WAIAKEA HIGH OFF SEASON CONDITIONING/WEIGHT TRAINING

- MOST COACHES WILL SCHEDULE NON MANDATORY “CONDITIONING” 6 WEEKS PRIOR TO START DATE. LOOK FOR NEWSPAPER OR SCHOOL BULLETIN ANNOUNCEMENTS.

MISCELLANEOUS ATHLETIC INFORMATION

- **TRYOUTS**
 - RUN FROM 1 DAY TO ABOUT TWO WEEKS DEPENDING ON THE SPORT
 - DO NOT COME TO TRYOUT TO GET INTO SHAPE.
 - MULTIPLE SPORT ATHLETES MUST COMPLETE THE SPORT THAT IS IN SEASON BEFORE THEY CAN TRYOUT FOR THE NEXT SPORT. (THERE IS AN OVERLAP OF SOME SPORTS AND PARTICIPATION IN TWO SPORTS AT ONCE IS USUALLY NOT POSSIBLE)
 - EXPECT THAT CUTS WILL BE MADE FOR ALL SPORTS TEAMS.
 - PRACTICES ARE HELD ON SAT. HOLIDAYS, AND DURING BREAKS
 - CONCURENT PARTICIPATION IS USUALLY NOT ALLOWED
 - WHS USUALLY HAS MORE THAN ENOUGH PARTICIPANTS IN EACH SPORT
 - ADMINN APPROVAL REQUIRED (IF IT IS ALLOWED)
- **PLAYING TIME**
 - PARTICIPATION IS NOT A RIGHT, IT IS A PRIVILEGE.
 - IF YOU ARE SELECTED ON A TEAM, IT DOES NOT GUARANTEE PLAYING TIME. HIGH SCHOOL SPORTS ARE OFTEN VERY COMPETITIVE.
 - PRACTICES ARE USUALLY DAILY FOR 2+HRS AND YOU ARE EXPECTED TO ATTEND EVERY PRACTICE SESSION.
- **COST**
 - \$25.00 PARTICIPATION FEE PER ATHLETE PER YEAR
 - WAIAKEA HIGH /ATHLETIC DEPT./ATHLETIC BOOSTERS, OR THE DOE/HHSAA WILL NOT COVER COST FOR PRE OR POST SEASON TRAVEL. ALL EXPENSES WILL BE PAID FOR BY EACH INDIVIDUAL ON THE TEAM, UNIFORMS AND/OR ACCESSORIES MAY ALSO HAVE TO BE PURCHASED. (COST WILL DEPEND ON THE SPORT)