



2022-2023 AHS Athletics Information

- Analy High School “AHS” fields 43 teams in 13 different sports throughout the year. Fall Sports begin in August, Winter Sports begin on October 31st and Spring Sports begin early in February. Registration for each season of sport will open approximately 2 months before practices begin. Check the [AHS Athletics website](#) for specific registration information.
- All Student-Athletes **MUST HAVE A CURRENT PHYSICAL** before they can try-out or practice. **GET A SPORTS PHYSICAL EXAM SCHEDULED ASAP.** Do not wait until the last minute, they may be very hard to schedule as we get closer to the beginning of the Fall Sports season. Physical forms can be downloaded from the AHS Athletics website. [Analy High School Forms & Links](#)

Frequently Asked Questions

- **Does my child need a minimum Grade Point Average to participate in athletics at Analy?** Yes. All student-athletes must have at least a 2.0 GPA in the grading period immediately preceding their participation. For example, to be eligible to begin Fall sports in August, student-athletes must have at least a 2.0 GPA and have passed 25 units for the 2nd Semester 21-22. Summer School grades can be used to replace deficient 2nd Semester grades. Winter Eligibility will be determined by 1st Quarter 22-23 grades. Spring Eligibility will be determined by 1st Semester 22-23 grades.
- **How do I sign my child up for sports at AHS?** Before anyone can participate in athletics at AHS, they must complete the required Athletic Participation Forms On-Line. The registration link will be available on the AHS Athletics website early in July. Look for “Fall 2022-2023 Athletic Registration” under “Announcements” on the right side of the home page. This process must be completed and your Sports Physical Form (signed by a MD or DO) either uploaded during the process or turned in to the athletic director prior to the first day of try-outs or practice.
- **Are there tryouts for every team?** No, We try to keep as many athletes on each team as possible. Unfortunately, because of the mechanics of some sports, cuts have to be made. It would be impossible to keep 30 players on a basketball team when only 5 get to play at a time. Volleyball, Basketball, and Soccer are usually our most impacted sports. Some teams do not have tryouts. In most years, Football, Cross County, Golf, Track, Badminton, and Swimming will keep all athletes that come out for the team.
- If you have specific questions about a sport, please contact our Head Varsity Coaches for information about their programs. Our Varsity Coaches can direct you to their lower level (ie. JV or Frosh) Coaches.

Questions? [AHS Athletics Web Site](#)

Co-Director of Athletics: Joe Ellwood, jellwood@wscuhd.org

Co-Director of Athletics: Mike Roan, mroan@wscuhd.org

<u>Fall</u>	Official Practices begin 8/8		
Cross Country	Mark Grismer megrismer@ucdavis.edu	Cheer	Aaliyah Hanson westcountycheer@wscuhd.org
Football	Daniel Bourdon dbourdon@wscuhd.org	Girls' Golf	Alex Wilson awilson@wscuhd.org
Girls' Tennis	Monty Delozier monty.delozier@gmail.com	Girls' Volleyball	Holly Folendorf hollyf16@aol.com
<u>Winter</u>	Official Practices begin 10/31		
Boys' Basketball	Kris Mahiri eppsjr71@aol.com	Girls' Basketball	Earl Pasamonte epasamonte@wscuhd.org
Boys' Soccer	Peter Meechan meechan@oreilly.com	Girls' Soccer	Emily Farrant emilyafarrant@gmail.com
Wrestling	TBD		
<u>Spring</u>	Official Practices begin 2/6		
Badminton	Nancy Williams nwilliams@wscuhd.org	Boys' Golf	Ted Aanestad ted@101homeloans.com
Baseball	TBD	Softball	Nick Houtz houtz4@aol.com
Boys' Tennis	Monty Delozier monty.delozier@gmail.com	Track & Field	Mark Grismer megrismer@ucdavis.edu
Swimming	Alexa Jayne alexa@sea-serpents.org	Boys' Volleyball	TBD

Go Tigers!!

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