

Jaguar Athletics FAQ's

I have a question about High School Athletics. Who should I get in contact with?

- Feel free to contact both of the following people:
 - Matt Steinhaus, Athletic Director (matthews@internationalsf.org)
 - David Henriquez , Assistant Athletic Director (davidhen@internationalsf.org)

What is the time commitment for HS Athletics? Will my student-athlete be able to manage both rigorous academics and a full athletic schedule?

The time commitment for high school athletics is 4-6 days per week, depending on the sport and level. For example, a frosh team may require 4 days per week, while a Varsity team may have scheduled M-F and some Saturdays. It is important to check your team page at the beginning of the season to ensure that you have minimal conflicts. If you have a conflict, we will try to work with you while maintaining a fair program for everyone else involved.

90% of our student-athletes self-report that they are more dependable & responsible, and manage their time better DURING their athletic season. Athletics helps keep our students accountable by having a steady, demanding routine. While it is a challenge to do sports and excel in our classroom, the majority of our students choose to do this at International.

My gender identity is trans, nonbinary or gender diverse. What options are there for me to participate?

The refinement of Gender Diversity policy, with the acknowledgment of the needed ongoing learning, is a process to which International High School and CIF are strongly committed in order to meet the needs of all student-athletes. CIF continues to stand as one of 16 state activities associations with gender-inclusive policies that facilitate the full participation of trans, nonbinary and other gender diverse students in school athletics and activities.

At International, we want everyone to feel welcome to join a team. In our conference, section and state, athletic competition is currently separated by seasons of teams categorized by gender. For example, Women's+ Volleyball is in the fall and Men's+ Volleyball is in the spring. In short, the teams and seasons are divided by this binary gender identity. Student-athletes will participate in programs that best reflect their gender identity. A student may only participate in one season of a sport per school year. For example, if a student chooses to participate in fall Women's+ Volleyball, they may not also participate in spring Men's+ Volleyball in the same academic year.

How do I check my team schedule and get information about game locations, transportation, etc?

All this information can be found on your [team page](#). Click on details to see transportation information, home/away information, etc. I suggest adding the cal feed to your electronic calendar each season and bookmarking your specific team page for easy access on your phone

and/or laptop. Be resourceful! If you have to ask a question about schedule or logistics, it is likely that it will be available on the team page.

FALL ONLY - My child will be traveling during the practice evaluations, can he/she/they still join?

Absolutely. We anticipate our families traveling every year, and sometimes it cuts into the start of our fall season. We will evaluate your child upon return. Fall sports start on Aug 10th, 2026. In the meantime, [fill out this form](#) to let us know they'll be late, and make sure to be cleared to play, so your child can participate as soon as he/she/they is back in San Francisco.

WINTER + SPRING: If you are finishing your previous season International sport or a Theater Commitment, your coaches are aware that you will join a little late. You are expected to finish your first season commitment first.

How do I know if I'm cleared to play?

- Make the choice to get involved! We don't make cuts at International, and we offer multiple team levels.
- Sign up and create a profile on [Arbiter \(previously Family ID\)](#)
- Submit your yearly [doctor's physical](#).
- Check your [team page](#) for the season schedule (will be updated by mid-June for Fall/Winter sports).
- Purchase [team gear](#)
- Check [THE PASSPORT TO PLAY](#) to make sure you're cleared to play. Please allow a couple of business days for us to update since we do so manually.

What team gear should I order?

- We suggest all of our student-athletes get a spirit pack (sweatshirt, 2 t shirts, drawstring backpack). From there, the gear varies for each program. At the very least, all student-athletes are expected to wear 1 piece of International- branded gear to each practice (t-shirt, sweatshirt, etc). Check in with your specific team to get more information. Financial Aid is available for those that qualify. Please contact David for more information. To order, send a completed form to

What is the difference between the uniform deposit and team gear?

We do not require a uniform deposit anymore for athletic participation. However, every student and family will electronically sign a Uniform Agreement as a promise to keep uniforms in reasonable condition and return in a timely manner. If your student-athlete loses or damages an item, the family is responsible financially for replacing the item.

What can I expect from Practice Evaluations (AKA Tryouts)?

- At International, we do not cut student-athletes in interscholastic sports. That means that we find an appropriate team placement for everyone. New to a sport? Great! We

have developmental opportunities for you. Been playing club year round for many years? We have a competitive level for you too! At practice evaluations, our coaches are taking the time to place you on an appropriate level of team, a place where you can excel. Because of league regulations about senior student-athletes and because of the rigor of varsity level play, seniors with no experience trying out for our team sports with JV/Frosh teams (Volleyball, Soccer, Basketball) have 2 options: they can serve as team manager, or we can petition the league to be on the JV team.

- For our club sports (sailing), there will be a limited number of spots on the teams since we contract out of outside clubs. So, there may be cuts on these sports. However, there will still be ways to get involved (weekend clinics, learn to sail programs).

I have a (insert conflict here). Can I still be a part of the team?

- It depends. One of the greatest lessons you'll learn from interscholastic athletics is how to honor your in-season commitment. We expect our student-athletes to commit to their teams during their season. However, we understand that some things can come up. Communicate early and often to your coaches, as each team will have different expectations. Perhaps, you may have to sacrifice playing time if you miss a practice. Other times, you may be able to "make up" a workout on the weekends for individual sports. If there are club sport conflicts, work with your coach to see how we can support both teams' schedules.

What is an EDT?

- EDT stands for Early Dismissal Time. Our games will require students to leave class early sometimes. Rec and Park give us permits at set times, and our league schedules set game times in advance, so we do not usually have control over the start of our competitions. There is variation based on sport, location, season and level of team. All EDT information can be found on the team pages. We encourage our student-athletes to plan ahead and communicate to teachers when they will be missing class. Athletics allow our students to hone in on their time management skills. It is our student-athletes' responsibility to makeup any missed work and reschedule any tests missed for competitions. Student-athletes will usually not miss class time for any sort of training.

What if there is inclement weather?

- Some of our outdoor sports can be rained out if the courts/ grass fields are too wet. We will notify the players and families by the end of lunchtime if there is a reschedule, cancellation or game-time decision.
- Cross Country, Soccer, Lacrosse, T&F will plan to continue unless there is extreme weather (lightning, storming, poor AQI, extreme heat).
- AQI guidelines are listed here within the [North Coast Section](#) guidelines. Our Conference and school uses [airnow.gov](#) for updated AQI readings. If a parent is uncomfortable with their child participating in a contest when the AQI is below 151, then they may choose

to withdraw their student-athlete from athletic activities. Please communicate this with the athletic department as soon as possible.

- In most cases on inclement weather, coaches will pivot to an indoor activity like a weight room day, team bonding activity or classroom practice. Plan on meeting with your team every day unless otherwise noted on your team page or by your coach.

What happens if my season overlaps with the next season?

If your team is going to the Varsity playoffs, there is a good chance that the seasons will overlap. Finish out your season with the team, and your coach will know to expect you later into the next season. We appreciate your commitment to multiple teams, and we want to make sure that you finish your commitment during an important time. There will be no negative consequences of starting your next season a week or two late due to playoffs for another International team.