



Dear UMOJA Parents and Student Athletes,

It is time to get prepared for your student to play sports here at Umoja. There are three main criteria when it comes to being eligible for sports here at Umoja International Academy; ***Academic Success, Appropriate Citizenship including attendance, and Proper Paperwork.*** No prospective Student Athlete may participate in any tryout, practice, game, or any other team activity without the Proper Paperwork. The Proper Paperwork includes the following THREE forms:

- 1. SPORTS PHYSICAL FORM:** All athletes must be signed off by a doctor, clearing them as physically fit to participate in interscholastic competition. ***This examination must take place on or after July 1, 2024.***
- 2. AGREEMENT FOR TEAM PARTICIPATION:** This is a parent permission form, which also must be signed by the student athlete. Please don't forget to fill out the section regarding personal health insurance. All student athletes must be insured by private insurance. These forms can be found on the school website under the ATHLETICS tab, in the front office, or with the Athletic Director. Here at Umoja, we provide a comprehensive array of sports. Hopefully, one or more of these offerings appeals to your student athlete.
- 3. CONCUSSION AND HEAD INJURY INFORMATION SHEET:** This form is signed by parent and student before a student may try out, practice, or compete in any District sponsored extracurricular athletic program.

Fall Season

Girls Volleyball-starts in late August
Co-Ed Cross Country starts in late August

Winter Season

Girls Basketball - starts in October
Boys Basketball - starts in October
Cheer/Dance - starts in September

Spring Season

Girls Soccer - starts in February
Boys Soccer - starts in February
HS- Co- Ed Volleyball

Hopefully, this rallies interest in playing sports here at UMOJA. If at any time you have questions regarding athletics, please drop me an email at: amy-finch@scusd.edu

Sincerely,

Amy Finch
Athletic Director, UMOJA