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**HOW DO I SIGN UP FOR SPORTS & ACTIVITIES? - 11/2024 UPDATE**

* All athletes must complete the online registration process before being eligible to practice. To do so, they must complete paperwork on [www.planeths.com](http://www.planeths.com) (to include uploading a copy of the student’s sports physical).
* Once the registration is completed, the Activities Office will complete a grade check to verify academic eligibility.
* \*\*NEW PROCEDURE\*\* Student-athletes NO LONGER need to come to the Activities Office to obtain a Golden Ticket. The Activities Office will post a list of eligible students beginning one week prior to the start of the season. The list will be posted on the Activities Bulletin Board by the gym. [Click here for more information about this change!](https://www.asdk12.org/site/default.aspx?PageType=3&DomainID=78&ModuleInstanceID=12533&ViewID=6446EE88-D30C-497E-9316-3F8874B3E108&RenderLoc=0&FlexDataID=51291&PageID=149)
* All students must fill out paperwork on PlanetHS/Big Teams

[**Click here for Planeths.com instructions**](https://www.asdk12.org/arbiter)

* **Physicals** must be *uploaded* to the Big Teams website (from the above link)

**\*\*PHYSICALS CANNOT BE MORE THAN 18 MONTHS OLD\*\***

[**Physical Form- Link**](https://www.asdk12.org/cms/lib/AK02207157/Centricity/Domain/1695/HealthExamSportsPhysical-Form%20Oct%2023%20update.pdf)

**WHEN CAN I SIGN UP FOR SPORTS & ACTIVITIES?**

| **Fall Activities** | **Registration Starts** | **Season Start Date** | **State Championships** |
| --- | --- | --- | --- |
| Cross Country Running | July 24 | July 31 | Oct 5th @ Bartlett |
| Tennis | July 24 | July 31 | Oct 10-12 @ Alaska Club East |
| Flag Football | July 24 | July 31 | Oct 17-19 @ Wasilla |
| Football (and cheer) | July 24 | July 31 | Oct 25-26 @ Colony |
| Swim & Dive | Aug 1 | Aug. 7 | Nov. 8-9 @ BHS Pool |
| Volleyball | Aug 1 | Aug 7 | Dec 14-16 @ Alaska Airlines Center |
| Rifle | Aug 27 | Sept 4 |  |
| E-Sports | Sept 2 | Sept 9 | TBD |
| Bowling | Sept 23 | Sept 30 | None |
| Wrestling | Sept 25 | Oct 2 | Dec 20-21 @ Alaska Airlines Center |
|  |
| **Winter Activities** | **Registration Starts** | **Season Start Date** | **State Championships** |
| Hockey (and cheer) | Oct. 9 | Oct 16 | Feb 13-15 at Menard Center (Wasilla) |
| Basketball (and cheer) | November 25 | Dec 4 | March 19-22 @ Alaska Airlines Center |
| Nordic Ski | Oct 23 | Oct 30 | Feb 20-22 @ Government Peak |
|  |
| **Spring Activities** | **Registration Starts** | **Season Start Date** | **State Championships** |
| Track & Field | March 3 | March 10 | May 30-31 @ Dimond |
| Soccer | March 3 | March 10 | May 29-31 in the Valley |
| Baseball | March 3 | March 10 | June 5-7 @ Mulcahy |
| Softball | March 3 | March 10 | June 5-7 in Anchorage |
|  |
| Drama, Debate, & Forensics - Talk to Mrs. Skala in room 414B |

**Questions?**

Please reach out to the Activities Office with your questions. We would love to help you!

**Megan Halbrook**

*Activities Clerk*

halbrook\_megan@asdk12.org

(907) 742-1864

**Theronn King**

*Assistant Principal - Activities*

king\_theronn@asdk12.org

(907) 742-1816

**Adam Hrnicek**

*Athletic Director*

hrnicek\_adam@asdk12.org

(907) 742-1833

**GO BEARS!**

