

Oliver Ames High School and Easton Middle School

Winter 2025-2026 Athletics Registration

Link to Winter Registration Site Will Be Open on October 20: [Arbiter Registration](#)

Registration Deadlines

November 18: OA Boys & Girls Basketball, Basketball Cheerleading, Gymnastics, Boys & Girls Ice Hockey, Boys & Girls Indoor Track, Boys & Girls Skiing, Boys & Girls Swimming, and Boys & Girls Wrestling

December 3rd: EMS Boys & Girls Basketball and Wrestling

Tryouts Begin

December 1st: All OA Winter Sports

December 8th: EMS Girls & Boys Basketball

December 15th: EMS Wrestling

To be eligible for tryouts a student must be registered on Arbiter Registration, have a valid physical uploaded with their registration and have no outstanding academic or other school obligations. (See page 3 for more information)

To be considered for any sport that may make cuts a student must be present for all days of tryouts.

Arbiter Registration Instructions

- A parent/guardian must complete the registration. ***Students may not register themselves unless they are 18 years old.***
- New users must create an account.
 - The parent/guardian should be the account owner and their email address should be listed as the account owner email.
 - Once an account is created each student within a family can be added to the account.
 - After students are added to the family account they can be registered for a sport. Please use the student's school issued email address when creating your students' profiles.
 - **Important:** Please use the same account when registering a student for a sport each subsequent season. This will ensure that all of the information you entered, including their physical exam, carry forward to future registrations.
- Families with existing accounts should log in using the same username and password for the account they previously created.
 - If you can not remember your username and/or password please **do not** create a new account. Please contact Arbiter directly at 1-800-311-4060 and they should be able to help you access your account.

Athletic Eligibility Requirements

To be eligible to participate in tryouts, and to remain eligible throughout the season, students must:

- Be enrolled in Oliver Ames High School (for high school sports) or Easton Middle School (for Middle School sports)
- Be registered on Arbiter Registration by the deadline noted on page 1 for the sport they wish to participate in
- Have a valid physical uploaded to Arbiter Registration. ***Please see page 4 for important information about physical exam reports.***
 - Note: Even if your child has a physical on file with the school nurse you must still upload one to Arbiter for athletic participation
- Be in good academic standing
- Have no outstanding school obligations (ex: lost books, fees, etc.)
- Have a doctor's clearance for any injuries, including head injuries, if applicable

Please note: Baseline concussion testing is required for all athletes. Once tryouts have concluded those athletes who do not have a current baseline on file will receive an email from either their coach or OA Athletic Trainer, Michelle Norman, with a link to the online test which will need to be completed before the first scrimmage/game/meet.

Criteria For Valid Physicals

In order to be eligible for athletic participation a student must have a valid physical uploaded to their Arbiter Registration profile. A valid physical is one that has been conducted within the past 13 months and includes the following on the exam report:

- The date of the exam
- A note indicating clearance to participate in sports/athletic activities
- A doctor's signature (an electronic signature is acceptable.)

Uploading an Updated Physical

The Arbiter system will send automated emails when your student's physical is about to expire. Please follow the instructions below to upload an updated physical:

- Log into the Arbiter account you created when registering [Registration Link](#)
- Select Edit a Registration
- Select your student's name and then scroll down to Upload a Document
- Once you have uploaded the new physical please scroll to the end and select Save

Important Information Regarding Head Injuries

It is very important that our athletes and parents are informed about the signs and symptoms of a concussion. Below are links to educational materials for both athletes and parents must review prior to registering for a Winter sport.

Concussion overview- Mass General Brigham

<https://www.massgeneralbrigham.org/en/patient-care/services-and-specialties/sports-medicine/conditions/concussion>

YOU ARE REQUIRED TO TAKE THE COURSE - please create a login and take the course for free

<https://nfhslearn.com/courses/concussion-in-sports-2>

ATHLETES ARE REQUIRED TO LEARN THIS INFORMATION fact sheet for athletes CDC-

https://www.cdc.gov/heads-up/media/pdfs/highschoolsports/athletes_fact_sheet-508.pdf?CDC_AAref_Val=https://www.cdc.gov/heads-up/pdfs/highschoolsports/athletes_fact_sheet-508.pdf

PARENTS ARE REQUIRED TO LEARN THIS INFORMATION fact sheet for parents CDC

https://www.cdc.gov/heads-up/media/pdfs/highschoolsports/parents_fact_sheet-a.pdf

CDC CONCUSSION FACTS SHEET

https://www.cdc.gov/heads-up/media/pdfs/youthsports/parent_athlete_info_sheet-a.pdf?CDC_AAref_Val=https://www.cdc.gov/heads-up/pdfs/youthsports/parent_athlete_info_sheet-a.pdf