

# Oliver Ames High School Spring 2026 Athletics Registration

Link to Spring Registration Site Will Be Open on Feb 9th: [Arbiter Registration](#)

## **Registration Deadline**

**March 11th** : Baseball, softball, girls & boys lacrosse, boys & girls tennis, boys & girls outdoor track, and unified track

## **Tryouts Begin**

**March 16th**: All Spring Sports

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 the 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
- 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](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](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](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)