EASTSIDE HIGH SCHOOL
"TOGETHER WE ARE MIGHTY GHOSTS"

Eastside High School offers three seasons of sports for registered students. Many of the sports have both varsity and junior varsity levels of play, enabling students to learn a new sport and improve their playing ability. Some sports, due to limited team size, hold tryouts for available positions. Eastside competes in the Big North Conference, Passaic County Coaches Association, North Jersey Super Football Conference and New Jersey State Interscholastic Athletic Association.
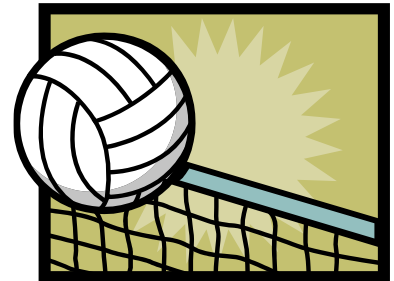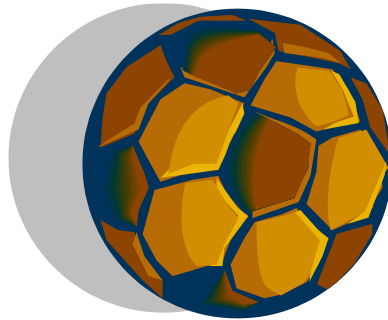
Fall Sports (Aug.-Nov)	*Winter Sports* (Dec.-Feb)	*Spring Sports* (March-May)
Cheerleading	Cheerleading	Baseball
Cross-Country (Co-Ed)	Basketball (Boys & Girls)	Golf (Co-Ed)
Football	Bowling (Co-Ed)	Softball
Soccer (Boys & Girls)	Wrestling	Tennis (Boys)
Tennis (Girls)	Indoor Track	Track & Field (Boys & Girls)
Volleyball (Girls)	JROTC	Volleyball (Boys)
JROTC		JROTC

Academic Requirements
Any **sophomore, junior or senior** student wishing to participate in fall **and** winter sports **must** have passed **30 credits** the school year immediately preceding participation for the current school year, per NJSIAA rule. Students entering the **ninth grade** for the first time must be regularly promoted from 8th grade to be eligible to play sports in the fall **and** winter seasons. The minimum 30 credits do **not** apply. **All students**, regardless of their grade level, must earn **15** credits combined during **marking periods 1 and 2**, to be eligible to play sports in the **spring** season. Eastside High School prides itself on the strong academic achievement of its student athletes.

Other Requirements
To participate in sports at Eastside, students must complete and turn in:
1. **Examination and Parents' consent form**. - This form must be completed for each sport played.
2. **Medical form** – A doctor's examination is required.
3. Attend **mandatory tutoring** afterschool for one hour.

See Ms. Benjamin, the Athletic School Counselor for any further information and/or forms.