

Frequently Asked Questions



Are athletes encouraged to play more than one sport?

The Department of Athletics encourages all athletes to be as involved as their schedule allows, and, yes, we encourage athletes to play on as many Livermore HS teams as they can. Our coaches are willing to meet with athletes that are interested in playing two or three sports and help an athlete plan his/her time effectively so that he/she can maximize his/her high school athletic experience.

How do I register for a sport?

Visit LHS www.cowboysfight.com web site and click on the following tabs: - FORMS

Does my child need a physical every year?

Every student participating in sports for Livermore HS needs a completed physical release form EACH YEAR. If you have one in the summer, then it is good for the entire school year. If you have one during the school year, it expires on that day, and a new one must be completed. Physical examines must be performed by a medical doctor, not a chiropractor.

Can I still play with my club team during the school year?

Yes you can, but there are some restrictions placed on all high school athletes by the California Interscholastic Federation. First, you may not play on a club team in a particular sport during that sports high school season. (You cannot play club soccer once the high school soccer season starts.)

Is there any type of in a particular sport during that sports high school season. (For example, you pre-season conditioning?)

Most sports offer some kind of pre-season conditioning once school starts. This conditioning may be limited to returning players in a particular sport due to facility limitations. Contact the head coach of a particular sport for more specific information. If you cannot reach the head coach, feel free to contact the Department of Athletics.

Are their cuts for teams at Livermore High School?

Most teams at Livermore High School conduct tryouts for the purpose of selecting the members of athletic teams. At the conclusion of the tryouts, there are often athletes that cannot be offered a spot on a particular team. Cutting athletes on a particular team is difficult for coaches, families, and athletes. Parents and athletes are encouraged to talk with coaches about the tryout process for a particular sport.

Who is the Athletic Director at Livermore High School?

James Petersdorf is the Athletic Director at Livermore High School. He can be reached at jpetersdorf@lvjUSD.k12.ca.us or by phone at 925 606-4812 ext 2306