



athletics

2024–2025 Season Start Dates

FALL 2024
August 12

WINTER 2024–2025
November 4

SPRING 2025
February 10, 2025

WELCOME TO BAY ATHLETICS!

Whether you are looking to play on a competitive team in a sport you love, try a new sport, or enjoy camaraderie through our activity program—rock climbing at Movement San Francisco or playing ultimate frisbee on the green space—you’ll find your place here.

Program Details and Team Requirements

Welcome to the Home of the Breakers! It is our goal to yield competitive teams across the entire athletic program because we believe that growth, learning, connection and fun comes from putting forth full effort at every practice and competition in pursuit of success. Some highlights from the 2023-24 school year so far include:

- Bay’s first cross-country state champion, Elsa ’24
- Girls volleyball team’s three-peat as BCL-Central champions, NCS runners-up, and qualifiers for the state championship
- Sailing team ranked in the top 12 in the state

In the spring, Bay’s baseball team aims to continue a three-year unbeaten streak in league play and win a third consecutive BCL-Central championship, while Bay track hopes to continue its momentum from a strong cross-country season!

While Bay strives to be competitive, consistent with the school's approach to academics, we focus on the process, knowing that the results will take care of themselves. We provide various levels of participation for team sports, including varsity, junior varsity, and intramural options where applicable, allowing students the ability to compete at a high level while also promoting participation and skill development.

Athletes are expected to attend all practices and games, five days a week, Monday-Friday, and may be required to participate in practices or games over holidays and school breaks. Depending on turnout and roster size limits, not every student who tries out will be placed on a team. However, we do our best to maximize student participation and encourage you to contact any member of our department with questions.

If you are transferring from another high school, please contact athletics director Samantha Gallop regarding eligibility and completion of the appropriate CIF/NCS forms. Depending on the circumstances of the transfer, there may be limits on student athletic eligibility for the 2024-2025 school year.

To participate on any team at Bay, students must be medically cleared by a physician. Physicals are valid for one year from the date of examination (due August 1). Over the summer, you will be notified of which forms are required and how to complete them.

Activities Classes

All students who are not competing on a sports team can participate in a designated activity class during the fall and spring semesters to fulfill Bay's physical education graduation requirement (six seasons/semesters over four years). Participation in Bay Theater also fulfills the requirement. Activity classes are 75 minutes long and take place after school on Mondays, Tuesdays, and Thursdays. Classes are not taught during Immersive terms. Students who participate in a physical activity outside of Bay (such as martial arts, dance, or gymnastics), can receive credit toward the PE requirement.

The Bay School Athletics Department



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Teams 2024-2025

FALL

Cross country
Flag football
Girls golf
Sailing
Boys soccer
Girls tennis
Girls volleyball

WINTER

Boys basketball
Girls basketball
Girls soccer

SPRING

Baseball
Boys golf
Boys lacrosse
Girls lacrosse
Softball
Boys tennis
Track
Boys volleyball

As members of the California Interscholastic Federation (CIF) and the Bay Counties League, The Bay School of San Francisco competes against independent, parochial, and public high schools throughout the Bay Area.



Elsa '24 (with flowers) was honored at City Hall by the SF Board of Supervisors for winning the 2023 cross-country state championship. Her Bay teammates joined her at the ceremony.