



2019-20 FALL SPORTS INFORMATION

Cross-Country, Football, Tennis and Volleyball

All students participating in Lesher Athletics must complete the **Online Athletic Registration (annually)** as detailed below, turn in a hardcopy of their **Physical (valid for 364 days)**, and pay an **Athletic Fee (\$110;** unless free or reduced lunch eligible student- fee is waived; or private, charter or home school student- \$165) **PRIOR TO THE FIRST PRACTICE!**

All pertinent information found online at: <https://www.psdathletics.org>

****ATHLETIC REGISTRATION Requirements****

Prior to participating in any sport, all middle school students participating in PSD Athletics must:

1. Complete the **Online Athletic Registration:** <https://www.psdathletics.org>
2. Turn in a hard copy of their **Physical** from your Doctor's office to Mrs. Downing in the main office. Physicals cannot be uploaded or completed online. A physical is good for 364 days.
3. Pay the **Athletic fee** of \$110 unless charter/private/homeschool – fee is \$165, or free or reduced lunch eligible student- fee is waived**.

**If you are on waived fees you must re-apply this summer for waived fee status at the following address: <https://www.myschoolapps.com/Application>. Once you have qualified for waived fees you must log into Parent Vue, click on forms, and click permission to share under your student's name. This allows us to waive the athletic fee. If you are on waived fees you must still process a payment through school pay (log into school pay, select your students sport, add that sport to the cart and it will show up at \$0.00 dollars due), process the payment and bring receipt in with your doctor's signed physical to Lesher's main office.

Questions? Please contact the Head Coach listed below, Assistant Principal/Athletic Director- Waren Morrow at wmorrow@psdschools.org, 472-3802; Athletic Director Secretary- Karen Downing at kdowning@psdschools.org, 472-3801; or Veronica Carrillo (Español) at veronicc@psdschools.org, 472-3853.

CROSS-COUNTRY (6th, 7th and 8th)

CONTACT:

Ben Mayer, Head Cross-Country Coach, 472-3829, bmayer@psdschools.org

Jo Dixon, Assistant Cross-Country Coach, 472-3844, jonetted@psdschools.org

Josh Swann, Assistant Cross-Country Coach, 472-3837, jswann@psdschools.org

FORTitude 10K on Labor Day (September 2nd) at CSU..[DISCOUNTED REGISTRATION](#)

****Complete ATHLETIC REGISTRATION requirements above prior to pre-season camp****

Parent & Player Meeting on Thursday, August 15th from 4:15-5PM at Lesher (cafeteria).

PRE-SEASON CAMP: Thursday, 8/15 and Monday, 8/19 from 3-4PM AT LESHER.

Practices are Monday-Friday and the first practice is from 3:00-4:45PM Tuesday, August 20th at Lesher.

Each practice, athletes will need shorts, t-shirt, water bottle, and running shoes.

Football, Tennis and Girls' Volleyball on next page...



TENNIS (7th and 8th)

CONTACT:

Janna Dickerson, Head Tennis Coach, jannadickerson@gmail.com

Beth Wilms, Assistant Tennis Coach, 472-3821, bwilms@psdschools.org

Stacy Arellano, Assistant Tennis Coach, 472-3852, sarellan@psdschools.org

****Complete ATHLETIC REGISTRATION requirements from 1st page prior to pre-season camp****

PRE-SEASON CAMP: Tuesday-Thursday (8/13-8/15) from 3:30-5:30PM at Edora Park (1420 East Stuart Street).

Parent & Player Meeting on Thursday, August 8th from 4-5PM at Lesher (auditorium).

Practices are Monday-Friday and the first practice is from **3:30-5:30PM** Tuesday, August 20 at Edora Park (1420 East Stuart Street). We will meet in Lesher's cafeteria after school on Tuesday and Wednesday (8/20-8/21) and discuss how to safely get to and from Edora.

Each practice, athletes will need a tennis racket, appropriate tennis clothing and footwear, water bottle and sunscreen. Optional, but suggested items include sunglasses, a hat, and other weather appropriate items.

FOOTBALL (7th and 8th)

CONTACT:

Lee Oldenburg, Head 8th Grade Football Coach, loldenbu@psdschools.org

Matt Moeller, Head 7th Grade Football Coach, 472-3845, mmoeller@psdschools.org

****Complete ATHLETIC REGISTRATION requirements from 1st page prior to pre-season camp****

Parent & Player Meeting on Thursday, August 8th from 5-6PM at Lesher (auditorium).

PRE-SEASON CAMP: August 12-16 3:00-5:00PM AT LESHER (FB field).

Equipment Check Out: August 19 3:00-5:00 PM AT LESHER (Auxiliary Gym & Athletic Cage).

Practices: Monday-Friday from 3:10-5:30 and the first mandatory practice is **Tuesday, August 20**.

Equipment: athletes will need two colored (not white or clear) mouth pieces with strap, shorts, t-shirt, athletic supporter, water bottle, combination lock, pair of white knee-high socks for game days, and football cleats (we have some extra cleats if needed- sizes are limited).

GIRLS' VOLLEYBALL (7th and 8th)

Contact:

Leah Lychock, 8th Grade Head Coach

Annie Wind, annew@psdschools.org, 7th Grade Head Coach

****Complete ATHLETIC REGISTRATION requirements from 1st page prior to pre-season camp****

OPEN GYMS: Thursday 8/8, Friday 8/9, and Monday 8/12 from 3-5PM in LESHER'S MAIN GYM

PRE-SEASON CAMP: Tuesday 8/13 and Wednesday 8/14 from 3-5PM in LESHER'S MAIN GYM

TRYOUTS: Tues. 8/20 – Fri. 8/23 **You must attend EVERY day of tryouts**

<p align="center">8th Grade Tryout Times 8/20 - 8/23 from 4:45-6:15PM</p>	<p align="center">7th Grade Tryout Times 8/20 – 8/23 from 3:15-4:45PM</p>
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Practices are Monday-Friday, will rotate between early and late practices, and the first team practice after tryouts is Monday, August 26th at Lesher.

Parent & Player Meeting on Friday, August 30th at 5:00PM in Lesher's Main Gym.

Each practice athletes will need shorts/spandex, t-shirt, water bottle, knee pads, combination lock and appropriate gym shoes.

We're looking forward to another great year of athletics...GO VIKINGS!