



2022-23 SUMMER AND 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 the **PSD Physical (valid for 364 days)**, and pay an **Athletic Fee (\$130;** unless free or reduced lunch eligible student- fee is waived; or private, charter or home school student- \$143) **PRIOR TO PRESEASON CAMP!**

All pertinent Middle School Athletics information found online at: <https://www.psdathletics.org/msreg>

PSD offers a comprehensive athletic program for students in 7th-8th grade and students in 6th grade can participate in tennis, cross country, wrestling, golf, and track and field. For all other sports at the 6th grade level, programming is offered through the [City of Fort Collins Recreation Department](#) or through multiple competitive clubs throughout Northern Colorado. Home/charter/private school students should contact the District Athletic Office at (970) 490-3332 to request formal placement at Lesher for athletics.

****ATHLETIC REGISTRATION REQUIREMENTS****

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

1. **Complete Lesher's Sign-up at:** www.tinyurl.com/crosscountry2022-23; www.tinyurl.com/football2022-23; www.tinyurl.com/tennis2022-23; or www.tinyurl.com/volleyball2022-23
2. Complete **PSD's Online Athletic Registration after July 1:** <https://www.psdathletics.org/msreg>
3. Turn in a hard copy of the **PSD Physical** from your Doctor's office to Ms. Roth in the main office. Physicals cannot be uploaded or completed online. A physical is good for 364 days.
4. Pay the **Athletic fee** of \$130 unless charter/private/homeschool – fee is \$143, unified basketball – fee is \$70, 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.

Summer Athletic Physicals for Lesher Students in need: Tuesday & Thursday, August 2 & 4, 9:00AM-5PM. Call TODAY (970-488-4950) and register online at <https://hwcenter.org/> to set an appointment at The Health and Wellness Center at Centennial High School, 330 East Laurel Street - just down the street from Lesher, \$0 to \$40 sliding scale for physical.

Medication Sports Information: If your student is planning to sign up for sports this year and they use emergency medication such as a rescue inhaler, epi pen, seizure or diabetic medication, we strongly recommend having a second set for the coaches. Self-carry is an option for rescue inhalers and epi pens. We feel this is a much safer practice than having medication travel back and forth for each practice and away games/matches. Please also have the correct PSD paperwork on file in the health office with each doctor prescribed medication. Please go to programs and services tab on PSD website, then click on student wellness, then student health and scroll down to #6 for correct paperwork. Hard copies in the health office.

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



Poudre School District
 2407 LaPorte Ave
 Fort Collins, CO 80521
 970-482-7420

2022-2023 Middle School Physician Certification of Student Fitness for Athletic Participation

This form, as well as an Athletic Participation Permission and Release form, must be completed and submitted to the school of athletic participation as designated below before the student will be allowed to practice or compete in school sport(s).

Student Information – To be completed by student or parent/guardian

 Student's Name (Last, First, M.I.) _____
 Student ID#

 Student's Date of Birth Male Female

 Student's Street Address _____
 City _____
 State _____
 Zip Code

 School of Athletic Participation

 Parent(s)/Guardian(s) Name(s) _____
 Telephone

Physician's Certification

I certify that I have examined the above-named student and find the student physically fit to fully participate in the school sport(s) listed below, except those crossed out, without restriction:

- | | | | | |
|---------------|----------|---------------|------------|--------------------|
| Basketball | Football | Tennis | Softball | Wrestling |
| Cross Country | Golf | Track & Field | Volleyball | Unified Basketball |

Additional Comments:

Date of Examination _____ (Valid for 365 days unless rescinded)

 Physician Name (Printed) _____
 Phone Number

 Physician Signature _____
 Date



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

CONTACT: Jo Dixon, Head Cross-Country Coach, 472-3844, jonetted@psdschools.org
Josh Swann, Assistant Cross-Country Coach, 472-3819, jswann@psdschools.org
Conner Lang, Assistant Cross-Country Coach, 472-3812, clang@psdschools.org

SUMMER OPPORTUNITIES:

The best thing you can do for next season is start training this summer! Whether you get out on a jog a couple days a week or enter in a few city races, everything you do now will help you in the fall. Get in touch with your cross-country coaches if you are interested in a summer training plan— we have a lot of fun ways you can get a head start! Here are some fun 5 and 10K races you can still join this summer:

1. **Colorado Run 10k** on May 30th at Spring Canyon Park.
2. **Fire Hydrant 5k** on June 4th at Spring Canyon Park. This is a fun run / walk that benefits our furry friends!
3. **Father's Day 5K** on June 19th at the Shops at Foothills Mall, Fort Collins.
4. **FireCracker 5K** on July 2nd at City Park, Fort Collins.
5. **Mountain Avenue Mile** on August 5th in Old Town, Fort Collins.
6. **The Human Race 5K and 10k** on August 6th in Old Town, Fort Collins
7. **Run for Hope 5k** on August 12.
8. **Be a Hero 5K** on August 28th at Rolland Moore Park, Fort Collins.
9. **FORTitude 10K** on Labor Day (September 4th) at CSU.
10. Sign up for the **Healthy Kids Run Series (ages 5-12)** or the **Fit Teens Run Series (ages 13-18)** to get a discounted 5K pass for select Fort Collins 5K's and prizes when you run. <https://www.uchealth.org/services/community-health/healthy-kids/run-series/>
11. Visit the calendar on the **Fort Collins Running Club** webpage for more fun runs you can be a part of over the summer: <http://fortcollinsrunningclub.org/>

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

Parent & Player Meeting on Thursday, August 11, from 5-6PM at Leshher.

Preseason Camp: Tuesday-Friday, August 16-19, from 3:00-5:00PM AT LESHER.

Practices are Monday-Friday and the first practice is from 3:00-5:00PM Monday, August 22 at Leshher.

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

TENNIS (6th, 7th and 8th)

CONTACT: Janna Dickerson, Head Tennis Coach, jannadickerson@gmail.com
Ian Charles, Assistant Tennis Coach
TBD, Assistant Coach

SUMMER OPPORTUNITIES:

1. Miramont Junior Tennis programs, available to Members and Non-Members. Information at: <https://www.genesishealthclubs.com/locations/miramont-south/junior-tennis.html>
2. Lewis Tennis offers a wide variety of camps and programs over the summer. Visit <http://lewistennis.com/programs/> for additional details.
3. Highland Meadows: <https://highlandmeadowstenniscenter.com/junior-programs/>
4. CSU offers camps sessions through this link: <https://www.chhs.colostate.edu/hes-youth-sport-camps/>
5. If nothing else, please enjoy the numerous courts located throughout the city and play with family and friends. <http://www.tennisround.com/tennis-courts/co/fort-collins>

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

Parent & Player Meeting on Wednesday, August 10, from 5-6PM at Leshher.

Preseason Camp: Tuesday-Thursday, August 16-18, from 3:30-5:30PM at Edora Park (1420 East Stuart St).

Practices are Monday-Friday and the first practice is from 3:30-5:30PM Monday, August 22 at Edora Park (1420 East Stuart St). We will meet in Leshher's cafeteria after school on Tuesday and Wednesday (8/16-8/17) 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 Varsity Football Coach, 472-3859, loldenbu@psdschools.org
 Matt Silvas, Head JV Football Coach, 472-3843, msilvas@psdschools.org
 Matt Moeller, Team Management/Asst. Football Coach, 472-3845, mmoeller@psdschools.org
 Greg Schulz, Assistant Football Coach, 472-3860, gschulz@psdschools.org
 Duane Ritter, Assistant Football Coach, coachduane13@gmail.com

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

SUMMER OPPORTUNITIES:

1. **Mandatory Parent & Player Meeting** on **Tuesday, August 2**, from 5-6PM at Lesher.
2. **Summer Athletic Physicals for Lesher Students in need:** Tuesday & Thursday, August 2 & 4, 9:00AM-5PM. Call TODAY (970-488-4950) and register online at <https://hwcenter.org/>. The Health and Wellness Center at Centennial High School, 330 East Laurel Street - just down the street from Lesher, \$0 to \$40 sliding scale.
3. **Lesher Preseason Football Camp: August 8-11**, 3:00-4:30 at Lesher Viking Field.
4. **Equipment Check Out: August 12**, 3:00-5:00 PM AT LESHAR (Auxiliary Gym & Athletic Cage).
5. **Practices:** Monday-Friday from 3:00-5:15 and the first practice is **Monday, August 15**.

FOOTBALL SUMMER CAMPS

CSU Football Youth Camp: <https://www.csuramfootballcamps.com/>

Steve Szabo's defensive clinic: <https://nocoyouthfb.com/>

Colorado School of Mines youth camp:

https://minesathletics.com/documents/2022/2/22//2022_Youth_Camp.pdf?id=10975

University of Northern Colorado Youth Camp:

<http://www.sportseddy.com/little-bears-youth-camp-june-16-17/>

Poudre High School Camp - July Dates TBA

Fort Collins High School Camp - July Dates TBA

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: Annie Wind, 472-3870, annew@psdschools.org
 Nicole Sietsma, 472-3818, nsietsma@psdschools.org

SUMMER OPPORTUNITIES:

1. Legacy Volleyball-www.legacyvolleyballacademy.net
2. Norco Volleyball Club-<https://www.norcovolleyball.com/>
3. Colorado State University-<https://www.csuramvolleyballcamps.com/>
4. University of Northern Colorado-<http://www.uncbearsvolleyball.com/camps.html>

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

Open Gyms	8/8-8/10 (Monday-Wednesday)	3:00pm-5:00pm
Pre-Season Camp	8/16-8/19 (Tuesday-Friday)	3:00pm-5:00pm
Tryouts - Must attend every day	*8/22-8/24 (Monday-Wednesday)*	8th Grade: 3:00-4:30 7th Grade: 4:30-6:00

- **Practices** will be Monday-Friday and will rotate between early and late practices each week between Varsity/JV and C1/C2 teams.
- **Player and Parent Meeting** on Friday, August 26, at 4:45 pm in Lesher's Main Gym
- **Each practice**, athletes will need shorts/spandex, t-shirt, water bottle, knee pads, combination lock for gym lockers, and appropriate gym shoes.

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