



2018-19 SUMMER AND FALL SPORTS INFORMATION (Football, Tennis, Volleyball, and Cross-Country)

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 (\$105;** unless free or reduced lunch eligible student- fee is waived; or private, charter or home school student- \$157) **PRIOR TO THE FIRST PRACTICE!**

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

Poudre School District offers a comprehensive athletic program for students at the middle school level. All middle school athletic programs are open to any student in 7th-8th grade who has completed the Online Athletic Registration outlined below. Students in 6th grade can participate in cross country, golf, and track and field at their respective middle school. 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 school students and/or students who attend a school that does not offer middle school athletics will be placed upon request per the PSD Guidelines for Student Participation in Extracurricular and Interscholastic Activities at District Schools. Interested parents must contact the District Athletic Office at (970) 490-3332 to request formal placement.

ATHLETIC REGISTRATION:

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 the **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 \$105 unless 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.

[PSD ATHLETIC HANDBOOK](#) - Parents and students are encouraged to read PSD Athletic Handbook prior to participation.

[ATHLETIC SCHEDULES](#) - Check out the latest standings, current schedules and more!

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

Waren Morrow

Assistant Principal/Athletic Director

[Lesher Middle School - an International Baccalaureate \(IB\) World School](#)

[Lesher Athletics and Activities](#)

1400 Stover St., Fort Collins, CO 80524

Office 970.472.3802, Fax 970.472.3880

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

CONTACT:

Ben Mayer, Head Cross-Country Coach, 472-3829, bmayer@psdschools.org
Beth Bauman, Assistant Cross-Country Coach, 472-3824, bbauman@psdschools.org
Jo Dixon, Assistant Cross-Country Coach, 472-3844, jonetted@psdschools.org
Will Moore, Assistant Cross-Country Coach, 472-3837, wmoore@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 5K races you can still join this summer:

1. **Father's Day** 5K on June 17th at the Shops at Foothills Mall
2. **FireCracker** 5K on July 4th at City Park in Fort Collins
3. **The Human Race** 5K on July 29th in Downtown Fort Collins (check out the "Man vs. Machine" challenge!)
4. **The Peach Festival 1 mile, 5K, 10K, and Half Marathon** on August 18th at Civic Center Park, Ft. Collins
5. **FORTitude 10K** on Labor Day (September 3rd) at CSU
6. 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. The first run is on June 3rd and goes through October. <https://www.uhealth.org/services/community-health/healthy-kids/run-series/>
7. 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/>

Parent & Player Meeting on Thursday, August 16th from 4:15-5PM at Leshar (cafeteria).

PRE-SEASON CAMP: Thursday, 8/16 and Monday, 8/20 from 3-4PM AT LESHER.

Practices are Monday-Friday and the first practice is from 2:45-4:30 Wednesday, August 22nd at Leshar.

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

TENNIS (7th and 8th)

CONTACT:

Janna Dickerson, Head Tennis Coach, jannadickerson@gmail.com
Beth Wilms, Assistant Tennis Coach, 472-3821, bwilms@psdschools.org
Janice Martinez, Assistant Tennis Coach, 472-3817, janicem@psdschools.org

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://www.lewistennis.com/page-20> for additional details.
3. Highland Meadows: <http://www.highlandmeadowstenniscenter.com/summer-2017-junior-program.html>
4. CSU offers camps sessions through this link: <http://www.hes.chhs.colostate.edu/outreach/ysc/tennis.aspx>
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>

PRE-SEASON CAMP: Monday-Thursday (8/13-8/16) from 3-5PM at Edora Park (1420 East Stuart Street).

Parent & Player Meeting on Thursday, August 9th from 4-5PM at Leshar (auditorium).

Practices are Monday-Friday and the first practice is from 3-5PM Wednesday, August 22nd at Edora Park (1420 East Stuart Street). We will meet in Leshar's cafeteria after school on Wednesday and Thursday (8/22-8/23) 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, 232-5020, loldenbu@psdschools.org

Eric Peitz, Head 7th Grade Football Coach, 472-3835, epeitz@psdschools.org

SUMMER OPPORTUNITIES:

1. Colorado State University Youth Football Camp: June 7-8 at CSU.

<http://ramcamps.colostate.edu/product/football-youth-skills-camp-june-7-8-2018/>

2. Fort Collins High School Football Camp: June 25-27 at FCHS. Grades 4-6 from 4:00PM-6:00PM, Grades 7-8 from 5:00PM-7:00PM. <http://www.lambkinfootball.com/>

3. Colorado School of Mines: June 4-7 Golden, CO

<http://www.csmorediggers.com/information/summercamps/index>

4. Poudre High School Youth Football Camp: July 31-August 2 at PHS from 9AM-noon.

<http://poudrefootball.com/>

Parent & Player Meeting on Thursday, August 9th from 5-6PM at Leshar (auditorium).

PRE-SEASON CAMP: August 13-16 3:00-5:00PM and August 21 3:00- 5:00 PM AT LESHER (FB field).

Equipment Check Out: August 20 3:00-5:00 PM AT LESHER (Auxiliary Gym & Athletic Cage).

Practices: Monday-Friday from 3:00-5:30 and the first mandatory practice is **Wednesday, August 22nd.**

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:

Hannah Kvitle, hannahk@psdschools.org, 8th Grade Head Coach

Ben Tripam, btripam@gmail.com, 7th Grade Head Coach

SUMMER OPPORTUNITIES:

1. YOSA club team <http://www.yosaftco.org/>

2. NORCO club team <http://www.norcovolleyball.com/>

3. Colorado State University: <http://ramcamps.colostate.edu/product-category/volleyball/>

4. University of Northern Colorado: http://www.uncvolleyballcamps.com/Individual_Camp_Info.htm

OPEN GYM: Mon. 8/13 & Tues. 8/14 from 3-5PM in LESHER'S MAIN GYM

PRE-SEASON CAMP: Wed. 8/15 – Fri. 8/17 & Mon. 8/20 – Tues. 8/21 from 3-5PM in LESHER'S MAIN GYM

TRYOUTS: Wed. 8/22 – Fri. 8/24 & **You must attend EVERY day of tryouts**

8th Grade Tryout Times 8/22 - 8/24 from 2:30-4:15PM	7th Grade Tryout Times 8/22 – 8/24 from 4:15-6PM
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Practices are Monday-Friday and the first team practice after tryouts is Monday, August 27th at Leshar.

Parent & Player Meeting on Friday, August 31st at 5:00PM in Leshar'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 sports...GO VIKINGS!



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

2018-19 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

Additional Comments:

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

Physician Name (Printed)

Phone Number

Physician Signature

Date