

# Sacajawea Junior High Fall Sports Information

## Tentative Practice Start Dates

Please check our athletic scheduling website during the summer for any changes.

Real-time updated schedules and announcements can be found at

<http://www.sacajaweasports.com/>

### **7<sup>th</sup> and 8<sup>th</sup> Grade Volleyball**

First practice August 21<sup>st</sup>

7<sup>th</sup> Grade 4:30 – 6:00

8<sup>th</sup> Grade 3:00 – 4:30

### **Freshman Football**

First practice August 12<sup>th</sup>

Time to be announced.

### **7<sup>th</sup> and 8<sup>th</sup> Grade Football**

First practice August 19<sup>th</sup>

3:00 – 5:30 p.m.

### **Freshman Volleyball**

First practice August 15<sup>th</sup>

6:00 – 7:30 p.m.

### **7<sup>th</sup> and 8<sup>th</sup> Grade LHS Cross Country**

First practice August 12<sup>th</sup>

8 a.m. @ LHS

## Paperwork Information

Paperwork can be picked up at registration and is available online on the athletics page of the Sacajawea School website. <http://www.lewistonschools.net/sac/>

**All paperwork and fees must be complete prior to an athlete practicing or trying out.**

### **9<sup>th</sup> Grade Volleyball**

All paperwork will be collected during registration on August 6<sup>th</sup>.

Athletes will need the following paperwork:

- Physical (All Freshman athletes need a new physical dated after May 1, 2019)
- Athletic Questionnaire
- Concussion Guidelines Form (first page needs returned with signatures)
- Pay to participate and fee (\$60)

### **9<sup>th</sup> Grade Football**

Athletes will need the following paperwork:

- Physical (All athletes need a new physical dated after May 1, 2019)
- Athletic Questionnaire (Complete online <http://www.lewistonschools.net/lhs/athletics/>)
- Concussion Guidelines Form (Complete online <http://www.lewistonschools.net/lhs/athletics/>)
- Pay to participate and fee (\$60)

## **8<sup>th</sup> Grade Cross Country, Football and Volleyball**

Football and Volleyball paperwork will be collected during registration on August 7<sup>th</sup>.

Football gear will be checked out during registration August 7<sup>th</sup>.

*\*\* Cross Country paperwork will be turned in to the LHS coaches on the first day of practice.*

Athletes will need the following paperwork:

- Physical (If one is not on file from last year)
- Athletic Questionnaire
- Concussion Guidelines Form (first page needs returned with signatures)
- Pay to participate and fee (\$25)

## **7<sup>th</sup> Grade Cross Country, Football and Volleyball**

Football and Volleyball paperwork will be collected during registration on August 8<sup>th</sup>.

Football gear will be checked out during registration August 8<sup>th</sup>.

*\*\* Cross Country paperwork will be turned in to the LHS coaches on the first day of practice.*

Athletes will need the following paperwork:

- Physical (All athletes need a physical dated after May 1, 2019)
- Athletic Questionnaire
- Concussion Guidelines Form (first page needs returned with signatures)
- Pay to participate and fee (\$25)

## **Free Sports Physicals**

**Wednesday, July 17<sup>th</sup> 5:30 – 7:30 p.m.**

**Lewiston Orthopaedics [www.lewistonortho.com](http://www.lewistonortho.com)**

**320 Warner Drive, Lewiston, ID 83501, (208) 743-3523, (800) 841-3523**

- Before your physical, please download, print, and complete the physical form on the Sacajawea website. <http://www.lewistonschools.net/sac/>
- Student must be accompanied by an adult
- Wear shorts and a t-shirt
- Bring glasses or contacts

**Tuesday, June 11<sup>th</sup> and Wednesday, June 12<sup>th</sup> 4:00 – 7:00 p.m.**

**Tri-State Memorial Hospital [www.TriStateHospital.org](http://www.TriStateHospital.org)**

**Medical Office Building, Suite 10, 1119 Highland Ave., Clarkston, WA,**

Walk-ins welcome

- Please bring a physical examination form with demographics completed. Print your form from the Sacajawea website. <http://www.lewistonschools.net/sac/>