

Sacajawea Middle School Fall Sports Information

Tentative Practice Start Dates

Updated information will be available during registration.

Real-time updated schedules and announcements can be found at

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

7th and 8th Grade Volleyball

First practice August 26th

7th Grade 3:00 – 4:30

8th Grade 4:30 – 6:00

7th and 8th Grade Football

First practice August 19th

3:00 – 5:30 p.m.

7th and 8th Grade

LHS Cross Country

First practice August 10th

Paperwork Information

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

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/>

7th Football and Volleyball

Football and Volleyball paperwork will be collected during registration on August 12th.

Football gear will be checked out during registration August 12th.

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)

8th Grade Football and Volleyball

Football and Volleyball paperwork will be collected during registration on August 11th.

Football gear will be checked out during registration August 11th.

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)

7th and 8th Grade Cross Country

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

Summer workouts are at Swallow's Nest in Clarkston, Tuesdays and Thursdays, 7:30am starting June 9th. Wednesday mornings is at the playground at Harvest Vista at 7:30am. Anyone is welcome to participate. First day of practice is Monday, August 10th. PLEASE CONTACT COACH POTTER FOR LOCATIONS AND TIMES. Jr. High athletes are welcome to start at that time or they can join the team anytime through early September. Contact Coach Potter with questions about summer training! 208-301-0439 or

jpotter@lewistonschools.net

Free Sports Physicals

June 16th and June 17th 4:00 – 7:00 p.m.

Tri-State Memorial Hospital <http://tristatehospital.org/calendar/free-sports-physicals-3?d=15781>

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/>
- Visit the Tri-State website above for important information on the process this year.