

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 25th

7th Grade 3:00 – 4:30

8th Grade 4:30 – 6:00

7th and 8th Grade Football

First practice August 23rd

3:00 – 5:30 p.m.

7th and 8th Grade

LHS Cross Country

First practice August 10th

Athletes can join through
early September

Paperwork Information

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

Paperwork can be completed at registration and is also 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 18th.

Football gear will be checked out during registration August 18th.

Athletes will need the following paperwork:

- Physical (If one is not on file from last year) **(All physicals dated after May 1, 2021 will be good through the end of 8th grade)**
- 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 17th.

Football gear will be checked out during registration August 17th.

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

**** Summer workouts are at Swallow's Nest in Clarkston, Tuesdays and Thursdays, 8:30am starting Tuesday, June 8th. Wednesday mornings is at the playground at Harvest Vista subdivision at 8:30am. (Swallow's nest runs are cancelled on June 29 and July 1.) Anyone is welcome to participate. First day of practice is Monday, August 10th at 8:00am at Vollmer Bowl track. Middle School 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 9th and June 10th 4:00 – 7:00 p.m.

Tri-State Memorial Hospital <https://tristatehospital.org/sportsphysicals>

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/>
- Student must be accompanied by a parent.
- All patients and visitors must wear a mask throughout the entire clinic process.
- Social distancing will remain in effect.
- Rooms are sanitized between patients and follow proper cleaning protocols as outlined by the Centers for Disease Control and Prevention.

June 22nd and 23rd

St. Joseph Primary Care

222 Southway Ave. Suite C, Lewiston, ID

- No appointment necessary
- Parent needs to accompany the minor
- Bring school provided athletic forms
- Free during these times/dates only

Wednesday, July 28th 5:30 – 7:30 p.m.

Lewiston Orthopedics www.lewistonortho.com

320 Warner Drive, Lewiston, ID 83501

- 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
- Masks are recommended
- Wear shorts and a t-shirt
- Bring glasses or contacts