

Athletic Calendar

Fall Sports

Cross Country (Boys and Girls)

Registration begins August 1- September 2
Practice starts week of August 14
First meet is approximately first week of September
Districts approximately fourth week of October
Register at <https://go.teamsnap.com/forms/77605>
See other side for payment information

Volleyball (Girls Only)

Registration begins August 1-September 2
Conditioning week of August 7
Practice starts week of August 14
First game is August 28
Districts approximately third week of October
Register at <https://go.teamsnap.com/forms/77601>
See other side for payment information

Ultimate Frisbee (Boys and Girls)

To be determined

Winter Sports

Basketball (Boys and Girls)

Registration begins October 17 – November 12
Conditioning week of November 5
Practice starts week of November 12
First game is November 30
Valley 10 tournament December 28, 29, 30
Districts approximately third week of February

*Note: Some practices will be at Eastmoreland gym due to gym availability
Most games are on Tuesday and Fridays, but there are exceptions*

Spring Sports

Track & Field (Boys and Girls)

Registration begins February 20 – March 11
Practice starts week of February 25
First meet approximately second week of March
Districts approximately second week of May

Ultimate Frisbee (Boys and Girls)

Registration begins February 20 – March 11
Practice starts week of February 25
First game approximately first week of April
Districts approximately first week of June

Please see other side for information about the program

Portland Waldorf High School Athletics

Important Information!

- All athletes will need a sports physical before practices begin. The required form is available at <http://www.osaa.org/docs/forms/PhysicalExamination-2017.pdf>. The exam is valid for two years.
- All athletes need to be registered through the Team Snap website in order to participate. Registration information is sent by the Athletic Director for each team prior to the season. There are two options for payment:
 - Offline-drop your check off to AnnaGrace in the main office
 - Online-Pay online at <https://portlandwaldorfschool.ejoinme.org/?tabid=539706>
- Fees are as follows:
 - Fall sports-\$225 - this includes a personalized warm up shirt or sweatshirt
 - Winter sports-\$225 - this includes a personalized warm up
 - Spring sports-\$225 - this includes a personalized warm up or sweatshirt
- Our program costs do not fully cover the cost of the program. These fees are to help cover some of the fees associated with the program only. **NO** student will be excluded for not being able to afford the fees. Please reach out to me if assistance is needed for these fees.
- Each prior season's sports fee needs to be paid in order to play the current season's sport.
- to me directly and we can certainly make arrangements.
- Carpools are organized in order to get athletes to games/meets. Our school does not have transportation available for these events.
- All parents and families are asked to volunteer time at home games and or for carpool.
- Students are held accountable for being **STUDENT ATHLETES**. A program is in place to monitor how they are doing academically and behaviorally.
- Communication about games/meets will be made through the AD or the coaches themselves each week. Schedules will be given out as soon as they are finalized but could change periodically.
- Great sportsmanship from all parents, students, teachers and athletes will be expected at all events and practices!

Feel free to contact me at any time with questions and concerns. I am always easily reachable.
GO WOLFPACK!

Nicole Raymond
PWS Athletic Director
nicole.raymond@portlandwaldorf.org
503-799-1036

Please see other side for athletic calendar