



PORTLAND CHRISTIAN 2017 FALL SPORTS SIGN-UPS



Dear Parents,

We are excited to begin our sign-up process for 2017 fall sports at Portland Christian School! If you have participated in fall sports before, we hope you will choose to do so again! If this will be your first season with us, we look forward to having you join our Eagles! You will find a list of all fall sports offered, along with a brief description of each sport, on the back of this page. This information is tentative, subject to change, and based on having enough athletes and coaches to fully support a team. We do ask for athletes to commit to all practices, games, matches and/or runs for their sport. Of course emergencies can arise, and we understand those rare occurrences.

Dates: Fall sports generally run from mid-July to mid-October. The first allowed day of practice for all fall sports is July 15th. The first day for any games or competition is August 15th (*with the exception of golf that begins in July*). For high school sports, the district and regional games are usually held in the middle of October. Typically, games/matches/races are held around Jefferson County, however high school teams do participate in some events outside of the area. Beginning in 2017, home athletic events will be at the Westport Road Campus of PCS unless otherwise specified.

Physicals: A proper medical physical must be completed and turned in by the time practice begins. For 4th-5th grades the school physical is acceptable. For 6th-12th grades, students will need the official KHSAA Middle or High School Sports Physical. You may obtain the form at the school website (www.portlandchristian.org) or from the KHSAA website (www.khsaa.org). Athletes will not be allowed to practice or play until their physical is submitted to the Athletic Office. Students may not practice or play until they are officially accepted and enrolled at PCS. Athletes must meet all academic criteria as mandated by the KHSAA to remain eligible throughout the season. Weekly grade checks will determine eligibility.

Sign-Ups: A sign-up form must be completed for each athlete wishing to compete for the fall season. This form may be found under the "Athletics" tab on the PCS website, or you may request a copy from the Athletics office. Elementary students will have a blank form sent home and junior high and high school students will have access to the forms at lunch next week (*April 17-21*). Contact information for registered athletes will be given to the coaches as the season approaches to communicate regarding the coaching staff, specific practice or game schedules, and other pertinent information.

Fees: The Athletic Fee for elementary students (4th-6th grades) is \$50/athlete per sport and the Athletic Fee for junior high and high school students is \$100/athlete per sport. Any 6th grade student playing on a junior high team will be expected to pay the \$100 athletic fee. You must submit payment with your fall sports registration form. If you have questions about payment, you may contact the Business Office.

Please let us know if you have any questions! You may reach the Athletic Offices through the information listed below. Go Eagles!

Rick Folden, Athletic Director
rick.folden@portlandchristian.org

Marie Settle, Assistant Athletic Director
marie.settle@portlandchristian.org

General Athletics Inquiries:

Portland Christian School: 502-429-3727 (ask for Rick or Marie)
Email: PCSAthletics@portlandchristian.org

2017 Fall Sports - Portland Christian School

Cross Country will be offered to **4th-12th grade male and female students**. All runners from all grades will practice together. Practices are typically three to four days a week at Seneca Park. Races are typically on Saturdays around Jefferson County, but we do participate in some events outside of the area and/or on weekday afternoons.

Golf will be offered to **7th-12th grade male and female students**. We will only offer one Varsity golf team, however per KHSAA laws, students are eligible to play Varsity golf as early as 7th grade. All golfers will practice together. Golf athletes will be required to purchase a Louisville City Golf Card (*more information to follow*).

Soccer will be offered to **6th-12th grade male and female students**. We will offer junior high coed soccer for 6th-8th grade students, and high school soccer for 9th-12th grade students. Last season, we did not have enough high school female athletes for a separate high school girls team, so our high school soccer team was co-ed. This is our tentative plan again for this season, pending the number of athletes who sign up. Due to KHSAA laws, no junior high students may participate in Varsity soccer. Practices are typically four days a week at the lower field on campus (PCS Westport). Games are typically around Jefferson County, but we do participate in a few events outside of the area.

Volleyball will be offered this fall to **5th-12th grade female students**. We will have one elementary team (5th/6th grade), one junior high team (7th/8th grades) and two high school teams (JV and Varsity). Elementary and junior high practices are typically two days a week on campus (PCS Westport). High School practices are typically four days a week at PCS (Westport). With our growing volleyball program, it may occasionally be necessary to use other nearby gyms for practices. Games are typically around Jefferson County, but we do participate in a few events outside of the area.

Sports Physicals

Brittany Young, APRN and Radiant Health Offices have again offered to partner with Portland Christian Families to offer a discounted sports physical of \$45/athlete. They will be available June 5th-9th from 10am-1pm for Portland athletes to come and receive sports physicals.

They are also offering free sports physicals for children of PCS faculty and staff. Radiant Health is located at 2301 Terra Crossing Blvd #103, Louisville, KY 40245. You can reach their office at 502-410-0191. You are also welcome to go to your primary care doctor or another clinic for this physical, however please remember to take the KHSAA form with you!

(Note: A proper physical must be completed and turned in by the time practice begins. For 4th/5th grades the school physical will be accepted. For 6th-12th grades, students will need the KHSAA Middle or High School Sports Physical. You can obtain the physical forms at the school website or from the KHSAA website (www.khsaa.org). Athletes will not be allowed to practice or play until their physical is turned in to the athletic office).