PROVIDENCE - FALL SPORTS

High School (grades 9-12) Boys Soccer and Girls Volleyball

First day of practice is Monday, August 21. Please use the <u>athletic calendar</u> for practice and game schedules.

Here is what you need to do to get ready:

- Sign up for the applicable sport! For playing a fall sport, <u>sign up HERE.</u>
- Pay the athletics fee: \$250 (remit payment to the front desk or use the Venmo school account: @ProvidenceClassical-Bothell)
- Get a physical and have doctor fill out Physical Evaluation Form: <u>https://www.pccs.org/wp-content/uploads/2016/06/Athletics-WIAA-Physical-Evaluation.pdf</u>
 - Physicals are good for 24 months, so usually needed by freshmen and juniors.
- Fill out athletic forms (can be done at the first practice or found here for <u>soccer</u> and for <u>volleyball</u>.
- Come to the first practice on Monday, August 21.
 - **Soccer:** At North Creek Sports Field #2 (at the school, but on the south side) at 3:00-5:00 PM.
 - **Volleyball:** At Park Ridge Community Church (the Ridge Activity Center) at 2:30-5:00 PM.
- Attend Fall Sports Parent/Athlete Meeting: August 31 @ 5 pm (Back-to-School Open House follows at 6-8)

Remember the 10 Practice Rule: to be eligible for competition, an athlete must have attended 10 team practices.