



PORTLAND CHRISTIAN 2018 FALL SPORTS SIGN-UPS



Dear Parents,

We are excited to begin our sign-up process for 2018 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. Per KHSAA regulations, games/matches may begin on July 27th for golf, August 6th for volleyball, August 13th for soccer and August 20th for cross country. For high school sports, the district and regional games are usually held in early October. Typically, games/matches/races are held around Jefferson County, however high school teams do participate in some events outside of the area.

Physicals/Eligibility: 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 this week (5/21-5/25). 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!

Kristi McCartney, Athletic Director
kristi.mccartney@portlandchristian.org

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

General Athletics Inquiries:

Portland Christian School: 502-429-3727 (ask for Kristi or Marie)

Email: PCSAthletics@portlandchristian.org

2018 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 **9th-12th grade male and female students**. The past two seasons, 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. Games are typically within an hour of the school, although there are a few games further away as we have tried to schedule competitively for the upcoming season.

Volleyball will be offered this fall to **5th-12th grade female students**. Pending numbers, we will have one or two elementary teams (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 at PCS. High School practices are typically four days a week at PCS. 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 \$30/athlete. They will be available

June 16th from 9am-1pm for Portland athletes to come and receive sports physicals.

Incoming 6th-9th grade students should plan to arrive between 9am-11am and incoming 10th-12th grade students should plan to arrive between 11am-1pm. 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).