

What 9th Graders Should Know about PHS Athletics

9th grade students in the Puyallup School District compete in high school athletics

There are THREE athletic seasons in high school athletics: Fall, Winter, Spring

Fall Athletics Starts in Mid-August	Cross Country (B/G), Football, Golf (B/G), Girls Soccer, Girls Swim and Dive, Boys Tennis, Volleyball, Boys Water Polo
Winter Athletics Starts in Early and Mid-November	Girls Bowling, Gymnastics, Boys & Girls Basketball, Boys Swim, Boys & Girls Wrestling
Spring Athletics Starts in Later February	Baseball, Fastpitch, Boys Soccer, Girls Tennis, Boys & Girls Track, Girls Water Polo

GRADES MATTER! Your academic eligibility will depend on the grades from your previous semester

How do I get CLEARED to participate?

You can't just show up to practice – there are some things you need to do to be “cleared” to participate

- Complete two online forms at **PuyallupSchools.RankOneSport.com** (done once each school year)
- Have a **physical exam** that is valid for the whole season (usually good for 2 years)
- Have a valid **Baseline Concussion Screening** if participating in basketball, football, soccer, or wrestling
- Purchase a **Puyallup High School ASB card** – you get a Viking sticker/logo on your junior high ASB
- Pay the **PSD Athletic Fee** (\$75). If you are trying out for a team that makes cuts (baseball, basketball, soccer, softball, volleyball) you should pay the fees after you make the team, not before.

Once you have completed the online forms, bring any other items to the athletic director at PHS to get your clearance card. The athletic director at your junior high may have sent your files to us from 8th grade.

When can I get my clearance card?

For fall sports, typically the third week of August. In the winter, it is usually early November. For the spring sports, mid-February. **See the list on the back of this page for 2016-17 WINTER CLEARANCE**

Where can I get more information?

You can always check the PHS Athletics web page. Go to the PHS website at **phs.puyallup.k12.wa.us** and select **Activities & Athletics**, then click on **Athletics Homepage**

Contact Mr. Meyerhoff, PHS Athletic Director at meyerhja@puyallup.k12.wa.us, or 253-604-3707

How can I get to practices?

There is usually a bus that travels from Aulen, Edgemont and Kalles right after school. Some practices or competitions are in the evening and students are responsible for their own transportation. There is usually an activity bus to take students home around 5:15 pm as well.

Puyallup HS Winter 2016-17 Clearance Dates

October 25-27, 31	Lunches and After School until 3:30	Bowling Only
October 31 November 2-3	Lunches and After School until 3:30	Gymnastics Only
November 7-10	Lunches and After School until 3:30	All Winter Sports
Monday, November 7	Evening Clearance 5:00-7:00 pm	All Winter Sports <i>Intended for 9th grade students</i>
No School Friday, November 11		
November 14	Lunches and After School	All Winter Sports

Contact Mr. Meyerhoff through e-mail with questions about times for clearance or general sports questions. His e-mail is meyerhja@puyallup.k12.wa.us

Can I contact a coach directly?

2016-17 PHS Head Coaches

Baseball	Marc Wiese	wiesemd@puyallup.k12.wa.us
Boys Basketball	Scott Campbell	campbesj@puyallup.k12.wa.us
Girls Basketball	Cherokee Ainslie	ainslicd@puyallup.k12.wa.us
Bowling	Annie Carpenter	carpenam@puyallup.k12.wa.us
Cross Country	Sandra Monaghan	monaghsl@puyallup.k12.wa.us
Fastpitch	Tony Batinovich	batinoam@puyallup.k12.wa.us
Football	Gary Jeffers	jeffergr@puyallup.k12.wa.us
Boys Golf	TBD	
Girls Golf	Whitney Hobbs	hobbsw@puyallup.k12.wa.us
Gymnastics	Dorinda Carpenter	Dorinda_carpenter@comcast.net
Soccer – Boys/Girls	Matt White	whitemb@puyallup.k12.wa.us
Swimming – Boys/Girls	Casi Messineo	phsswim@comcast.net
Tennis – Boys/Girls	Brooks Hazen	hazenbf@puyallup.k12.wa.us
Boys Track	Ken Fleisch	fleisckw@puyallup.k12.wa.us
Girls Track	Sandra Monaghan	monaghsl@puyallup.k12.wa.us
Volleyball	Tony Batinovich	batinoam@puyallup.k12.wa.us
Water Polo – Boys/Girls	Travis Braddock	travisbraddock@hotmail.com
Boys Wrestling	Aaron Lee	leeas@puyallup.k12.wa.us
Girls Wrestling	Bryan Bartelson	bbartelson@bartelsontransport.com

Puyallup HS is a member of the South Puget Sound League.

The Vikings compete against Bellarmine, Curtis, Emerald Ridge, Graham-Kapowsin, Olympia, Rogers, South Kitsap and Sumner for our league competition. PHS is part of the West Central District, WIAA District 3.

You can find schedules, results and standings at www.SPSL.org