

# FCHS SPRING SPORTS INFORMATION · 2018–2019

**A PERMIT TO PRACTICE CARD (ORANGE CARD) REQUIRED to practice/tryout on Monday, February 25<sup>th</sup>**  
**(Cards will be issued in the FCHS Athletic Office beginning February 4<sup>th</sup>)**

See reverse side for information about REQUIRED FORMS TO RECEIVE AN ORANGE CARD

<b>BASEBALL</b>	<b>COACH:</b> Marc Wagner <a href="mailto:baseballfchs@gmail.com">baseballfchs@gmail.com</a>
Info: <a href="http://www.lambkinsbaseball.weebly.com">www.lambkinsbaseball.weebly.com</a>	*all in-season tryouts/practices held at FCHS
<ul style="list-style-type: none"><li>◆ Preseason Workout Schedule—Tuesday &amp; Thursdays, 3:30-5:30 @ GoJo Sports</li><li>◆ Tryouts: <b>start February 25<sup>th</sup> @ 3:30</b></li><li>◆ Cut Date: <b>March 28<sup>th</sup></b></li><li>◆ Season practices: <b>Monday through Friday (3:30pm, unless game scheduled); Saturdays (set by coach)</b></li></ul>	
<b>GIRLS GOLF</b>	<b>COACH:</b> Andy Stevens <a href="mailto:astevens@psdschools.org">astevens@psdschools.org</a> 970-488-6313
Info: <a href="http://www.tinyurl.com/frhsgg">www.tinyurl.com/frhsgg</a>	
<ul style="list-style-type: none"><li>◆ Information Meeting for Athletes &amp; Parents: <b>Thursday, 1/24 @ 3:15 pm (FRHS Roundhouse)</b></li><li>◆ First Official Practice: <b>Wednesday, February 27<sup>th</sup> (see below)</b></li><li>◆ Cuts: <b>Friday, March 1<sup>st</sup></b></li><li>◆ Season practices: <b>Monday through Thursday, 3:45-5:15 pm (Ptarmigan Country Club)</b></li></ul>	
<b>BOYS &amp; GIRLS TRACK &amp; FIELD</b>	<b>COACH:</b> Conrad Crist <a href="mailto:ccrist@psdschools.org">ccrist@psdschools.org</a> 970-488-8035
Info: <a href="https://lambkintrackandxc.com/">https://lambkintrackandxc.com/</a>	
<ul style="list-style-type: none"><li>◆ Optional Preseason Workouts: <b>Mondays, Wednesdays, Fridays 3:00-4:00 pm (meet outside Track Office)</b></li><li>◆ Preseason Athlete Meeting: <b>February 4<sup>th</sup>, 3:00 pm (P100 Classroom)</b></li><li>◆ Track Camp: <b>starts Monday, February 18<sup>th</sup> @ 3:10 pm (*Orange Cards required to participate starting Feb 18*)</b></li></ul>	
<b>BOYS SWIMMING &amp; DIVING</b>	<b>COACH:</b> Kirk Witulski <a href="mailto:kirkski76@yahoo.com">kirkski76@yahoo.com</a>
Info: contact Coach Witulski	*all in season practices held at EPIC
<ul style="list-style-type: none"><li>◆ Pre-Season Conditioning: <b>Feb 11<sup>th</sup> to Feb 22<sup>nd</sup> –Mon/Wed/Fri 4:30-5:30pm; Tues/Thurs 3:30-4:30pm</b></li><li>◆ Parent/Athlete Meeting: <b>February 7<sup>th</sup> 6:00 pm @ FCHS (room tbd)</b></li><li>◆ First Week Practices (2/25 to 3/1): <b>Mon/Tues/Fri 3:30-5:30pm &amp; Wed/Thurs 5:10-6:45am (will alternate in season)</b></li></ul>	
<b>GIRLS SOCCER</b>	<b>COACH:</b> Justin Stephens <a href="mailto:jstephen@psdschools.org">jstephen@psdschools.org</a> 970-488-8176
Info: <a href="http://www.collinssoccer.weebly.com">www.collinssoccer.weebly.com</a>	
<ul style="list-style-type: none"><li>◆ Preseason Drop Ins: <b>January 17<sup>th</sup> to February 21<sup>st</sup>—Tuesdays &amp; Thursdays, 3:15 pm (FCHS Soccer Field)</b></li><li>◆ Tryouts: <b>February 25<sup>th</sup> to February 27<sup>th</sup> 3:15-5:15 pm, weather permitting</b><ul style="list-style-type: none"><li>○ Inclement Weather Plan for all scheduled drop-in dates &amp; tryouts: <b>7:30 pm in the FCHS Gyms</b></li><li>○ Check in with Coach Stephens for weather related updates</li></ul></li></ul>	
<b>GIRLS LACROSSE</b>	<b>COACH:</b> Pam Kramer <a href="mailto:pbkramer14@gmail.com">pbkramer14@gmail.com</a>
Info: <a href="https://www.rockyathletics.org/page/2980">https://www.rockyathletics.org/page/2980</a> *This sport is a PSD combined team, administered by Rocky Mountain HS	
<ul style="list-style-type: none"><li>◆ Information Meeting: <b>Thursday, February 28<sup>th</sup>, 6:15 pm @ Rocky Mountain HS</b></li><li>◆ Preseason conditioning information: <b>every Tues &amp; Wed, 5:30-7:00 pm in RMHS Small Gym (Jan 15 to Feb 19)</b></li><li>◆ Tryouts: <b>February 25<sup>th</sup>-27<sup>th</sup>, 4:00-6:00 pm @ RHMS Practice Field</b></li></ul>	
<b>Please bring a stick, goggles, mouthguard, water bottle, and appropriate footwear for indoor or outdoor play. All pre-season sessions are free</b>	
<b>BOYS LACROSSE</b>	<b>COACH:</b> Domenico Alfieri <a href="mailto:dom2710@gmail.com">dom2710@gmail.com</a>
Info: <a href="http://lobolax.com/">http://lobolax.com/</a> (open the FAQ page under “For Players” or “For Parents”)	
*This sport is a PSD combined team, administered by Rocky Mountain HS	
<ul style="list-style-type: none"><li>◆ Information Meeting: <b>Thursday, February 5<sup>th</sup>, 7:00 pm @ Rocky Mountain HS</b></li><li>◆ Preseason conditioning information: <b>every Tues &amp; Wed 7:00pm; Thursdays 5:00 pm (Jan 15 to Feb 21) @RMHS</b></li></ul>	
<b>GIRLS TENNIS</b>	<b>COACH:</b> Joann Johnson <a href="mailto:coachjoannjohnson@gmail.com">coachjoannjohnson@gmail.com</a> 970-402-4547
Info: <a href="http://www.fchsgirlstennis.com">www.fchsgirlstennis.com</a>	*all events listed to be held at FCHS Tennis Courts (unless noted)
<ul style="list-style-type: none"><li>◆ Preseason Practices: <b>(optional) Tues/Thurs 3-4:30 &amp; Saturdays 11a-1p (now through February 23<sup>rd</sup>)</b></li><li>◆ Player Meeting: <b>Tuesday, February 19<sup>th</sup> @ 3:00 pm (PE 1 Classroom, FCHS)</b></li><li>◆ Preseason Camp: <b>February 20<sup>th</sup> to February 22<sup>nd</sup>, 3:00-4:30 pm</b></li><li>◆ Tryouts/Official Practice Starts: <b>February 25<sup>th</sup>, 3:00-5:00 pm</b></li><li>◆ First Week of Practice &amp; Varsity Challenge Matches: <b>Mon 2/25/19 to Fri 3/1/19 3:00-5:00 pm; Sat 3/2 10:00 am</b></li></ul>	
<b>ALL SPRING SPORTS MEETING: Wednesday, February 27<sup>th</sup> · 6:30 pm · FCHS Commons</b> (breakout sessions by sport will be held after the All Sports presentation in P-Hall Classrooms)	

# REQUIRED FORMS to receive an Orange Card

(pay attention to your standing as an athlete for the Spring Season)

<p style="text-align: center;">Athletes who <b>PLAYED A FALL &amp;/or WINTER 2018-19 SPORT</b></p> <p style="text-align: center;">only need to submit:</p> <p><b>1. FCCHS Athletic Information Form</b></p> <ul style="list-style-type: none"> <li>• hard copy only, submitted in person; available with Athletic Secretary</li> </ul> <p style="text-align: center;"><b>&amp;</b></p> <p><b>2. CURRENT Physical on file</b> that will not expire during the Spring Sports season</p> <ul style="list-style-type: none"> <li>• hard copy only, submitted in person</li> </ul>	<p style="text-align: center;">Athletes who <b><u>HAVE NOT</u> PLAYED A SPORT IN 2018-19</b></p> <p style="text-align: center;">need the following <b>5 Forms completed &amp; signed</b></p> <p><b>1. FCCHS Athletic Information Form</b></p> <ul style="list-style-type: none"> <li>• hard copy only, submitted in person; available with Athletic Secretary</li> </ul> <p><b>2. CURRENT 18-19 Physical Form</b> that will not expire during the Spring Sports season</p> <ul style="list-style-type: none"> <li>• hard copy only, submitted in person</li> </ul> <p><b>3. 18-19 Poudre School District High School Permission &amp; Release Form</b></p> <ul style="list-style-type: none"> <li>• <i>online registration for FCCHS students* or hard copy</i></li> </ul> <p><b>4. 18-19 Student Athlete Medical Info Form</b></p> <ul style="list-style-type: none"> <li>• <i>online registration for FCCHS students* or hard copy</i></li> </ul> <p><b>5. 18-19 CHSAA Student Eligibility Info &amp; Anti-Hazing Policy</b></p> <ul style="list-style-type: none"> <li>• <i>online registration for FCCHS students* or hard copy</i></li> </ul>
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**\*Online registration for FCCHS students via Sports Engine for Forms 3, 4, & 5  
available at the following link:**

<https://poudreathletics.sportngin.com/hsregistration>



*be sure to **complete a full online registration entry**  
via the **CONTINUE** button at the bottom of the FCCHS Registration Page*

♦ *hard copies of all forms will be available with the Athletic Secretary starting February 4<sup>th</sup>*

All athletes must pay the **District Athletic Participation Fee** through School Pay or directly to the FCCHS Bookkeeper. Bring proof of payment to the Athletic Office.

Athletic Fees*	All Sports (unless noted)	Boys & Girls Lacrosse	Unified Sports
Students enrolled at FCCHS & All Other PSD Non-Charter Students	<b>\$150 per sport</b>	\$150 participation plus \$180	\$85 per sport
Home-Based, Charter & Private School Students, All Non-PSD Students	<b>\$225 per sport</b>	\$225 participation plus \$270	\$127 per sport

(\*NOTE – PRICES ARE EFFECTIVE FOR THE 2018-2019 SCHOOL YEAR AS IMPLEMENTED BY THE PSD ATHLETIC DEPARTMENT)