

## FCHS SPRING SPORTS INFORMATION · 2019–2020

**A PERMIT TO PRACTICE CARD (ORANGE CARD) REQUIRED to practice/tryout on Monday, March 2<sup>nd</sup>**

**(Cards will be issued in the FCHS Athletic Office beginning February 10<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—Monday-Thursdays, 4:30-5:30 @ GoJo Sports</li> <li>◆ Tryouts: March 2<sup>nd</sup> @ 3:30 ~Cut Date: March 7<sup>th</sup></li> <li>◆ Parent Meeting: <b>March 10<sup>th</sup></b></li> <li>◆ Season practices: <b>Monday through Friday 4:30 pm, except on game days, (some Saturday's (TBD) )</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>Monday January 27<sup>th</sup> @ 4:30 at Fossil Ridge in the Roundhouse room 410.</b></li> <li>◆ First Official Practice: <b>Monday, March 2<sup>nd</sup> ~ Cuts: Wednesday, March 4<sup>th</sup></b></li> <li>◆ Season practices: <b>Monday through Thursday, 4:30 pm – 6:00 pm (Pfarmigan Country Club)</b></li> </ul>	
<b>BOYS &amp; GIRLS TRACK &amp; FIELD</b>	<b>COACH:</b> Bill McCormick <a href="mailto:b.mccormick@yahoo.com">b.mccormick@yahoo.com</a>
Info: <a href="https://lambkintrackandxc.com/">https://lambkintrackandxc.com/</a>	
<ul style="list-style-type: none"> <li>◆ Optional Preseason Workouts: <b>T/W/T 4:20-5:00 pm Week of 6<sup>th</sup>, Jan 20, Feb 17 ~ M/W/T 4:20-5:00 pm for the Week of Jan 13<sup>th</sup>, Jan 27<sup>th</sup>, Feb 3<sup>rd</sup>, Feb 10<sup>th</sup></b></li> <li>◆ Preseason Athlete Meeting: <b>February 11<sup>th</sup> @ 4:30 pm (P100 Classroom)</b></li> <li>◆ Track Camp: <b>starts Monday February 24<sup>th</sup> -28th @ 4:25 pm ~ meet on the track</b></li> <li>◆ Official Practice begins: <b>March 2<sup>nd</sup> ~ Orange cards must be turned in to practice</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: Monday to Thursday 4:30-6:00 pm @ EPIC</li> <li>◆ Parent/Athlete Meeting: <b>Jan 29 @ 6:00 pm (location TBD)</b></li> <li>◆ First Week Practices Starting: <b>March 2<sup>nd</sup> ~ AM Thurs 5:45-7:30 am @ Epic ~ PM M/T/W/F 4:30-6:15 pm @ Epic</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.org">www.collinssoccer.org</a>	
<ul style="list-style-type: none"> <li>◆ Pre-Season Drop in: <b>in gyms every Monday and Wednesday from 1/15/2020 to 2/19/2020 8:15-10:00pm</b></li> <li>◆ Preseason Camp – <b>2/24/2020-2/29/2020 – Times TBA based on weather on field conditions</b></li> <li>◆ Tryouts: <b>3/2/2020 – 3/4/2020 – Times TBA based on weather and field conditions</b> <ul style="list-style-type: none"> <li>○ <b>Check in with Coach Stephens for weather related updates</b></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>2/24/20 to 2/29/20 – Times TBA based on weather and field conditions</b></li> <li>◆ Tryouts: <b>3/2/2020 – 3/4/2020 – Times TBA based on weather and field conditions</b></li> </ul> <p><b>Please bring a stick, goggles, mouthguard, water bottle, and appropriate footwear for indoor or outdoor play. All pre-season sessions are free</b></p>	
<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>All of Jan starting Jan 7th every Tues to Thursday 5-7 pm @RHMS</b></li> <li>◆ All of February starting <b>February 3<sup>rd</sup> ~ Monday to Thursday from 5-7 @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: (optional) TBA (will depend on daylight hours)</li> <li>◆ Player Meeting: <b>Monday, February 24 @ 4:20 @ (PE 1 Classroom, FCHS)</b></li> <li>◆ Preseason Camp: <b>February 25 to February 28, 4:20 pm to 6:00 pm *location TBA</b></li> <li>◆ Official Practices start: <b>March 2<sup>nd</sup>, 4:30 pm *location TBA</b></li> <li>◆ First Week of Practice &amp; Varsity Challenge Matches: <b>Mon 3/2/20 to Fri 3/6/20 4:20 pm and Sat 3/7/20 10:00 am</b></li> </ul>	

ALL SPRING SPORTS MEETING: TBA

**REQUIRED FORMS to receive an Orange Card**  
(pay attention to your standing as an athlete for the Spring Season)

Athletes who  
**HAVE or HNOT PLAYED A SPORT IN 2019-20**  
need the following **5 Forms completed & signed**

1. **FCHS Athletic Information Form**
  - hard copy only, submitted in person;  
available with Athletic Secretary
  
2. **CURRENT 19-20 Physical Form** that will not expire during the Spring Sports season
  - hard copy only, submitted in person
  
3. **19-20 Poudre School District High School Permission & Release Form**
  - *online registration for FCHS students\* or hard copy*
  
4. **19-20 Student Athlete Medical Info Form**
  - *online registration for FCHS students\* or hard copy*
  
5. **19-20 CHSAA Student Eligibility Info & Anti-Hazing Policy**
  - *online registration for FCHS students\* or hard copy*

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

<b>Athletic Fees*</b>	<b>All Sports (unless noted)</b>	<b>Boys &amp; Girls Lacrosse</b>	<b>Unified Sports</b>
Students enrolled at FCHS & All Other PSD Non-Charter Students	<b>\$157 per sport</b>	\$157 participation plus \$180	\$89 per sport
Home-Based, Charter & Private School Students, All Non-PSD Students	<b>\$235 per sport</b>	\$225 participation plus \$270	\$133 per sport

(\*NOTE – PRICES ARE EFFECTIVE FOR THE 2019-2020 SCHOOL YEAR AS IMPLEMENTED BY THE PSD ATHLETIC DEPARTMENT)