

Tahoma High School Fall Sports Information

Athletic Registration Days & Procedures:

Athletic clearance will begin Wednesday, August 10th, for all fall sports.

All athletes must complete the clearance process prior to the first day of turnout.

All athletic forms are now available online on the athletic website. Print out the entire co-curricular handbook, read through all the information carefully as there are significant changes, make sure you sign and initial all applicable areas. Be sure the Athletic Participation form is completely filled out with ALL required signatures. Contact Tony Davis, Athletic Director or Sue Belleville, Athletic Secretary, if you have any questions. 425-413-6302 or tdavis@tahomasd.us / sbellevi@tahomasd.us

First day of turnout for football – Wednesday, August 19th

First day of turnout for all other fall sports – Monday, August 24th

The following steps must be completed to receive athletic clearance. Coaches WILL NOT accept paperwork, and athletes cannot participate in their sport until clearance is received from the athletic office;

Physical Examination: The Tahoma School District requires a Physical/wellness examination which is good for two years. Physicals must be **valid for the entire sport season** and **must not expire before December 6, 2009** for high school fall sports.

Cashiers office: Purchase an ASB card; \$30.00, and pay the participation fee of \$75. The e-fund payment method is highly encouraged, by using it you can use your credit or debit card and there is no standing in line to pay. If paying by e-funds you must print a receipt to verify payment.

Athletic office: The athletic office will issue a “Pink Card” for the athlete to give to their coach once all forms are properly filled out and filed with the athletic secretary. **NO athlete is allowed to participate in practice until the coach has the athletes “Pink Card”.**

Fall Sports 1st Day- Schedule

Football - Wed. 8/19: All players (9th-12th grade) meet in the THS Multi Purpose room at Noon. Senior Bear Days is that morning; seniors are expected to have finished Bear Days activities before the meeting. By that time most players will already have their equipment and will only need to bring their football shoes and dry clothes to wear between practices. We will have two practices that day with dinner provided by our parent group served between practices. Practice, meetings, meals, and team building activities will keep the players on campus. The second practice will end around 9:00pm. This will be our schedule Wednesday 8/19-Saturday 8/22, and Monday 8/24. After that we will start 4:00 until school starts. More information can be found on the team website

<http://swift.tahoma.wednet.edu/thomas/adavis/index.php>

Head Coach, Tony Davis TDavis@tahomasd.us

Boys' and Girls' Golf; 8/24 Meet in Room 108 (Mr. Hanson's Rm) at 10am. We will discuss tryouts which will take place on 8/25 and 8/26 at Lake Wilderness Golf Course. Bring your pink card to the meeting which will last about an hour.

Head Coaches: Mike Hanson (mhanson@tahomasd.us) and **Tracy Krause** tkrause@tahomasd.us

Cross Country - Practice, starting August 24th, will be daily at **Tahoma Junior High** from 3-5pm. Athletes must have a Pink Clearance Card to participate at practice. We will meet behind the school near the multipurpose field. For summer info, visit our Team Website: <http://swift.tahoma.wednet.edu/athletics/txcountry/index.php>

Questions? Contact Jeff Brady, jbrady@tahomasd.us

Swim & Dive - For information on swimming or diving for the 2009 girls swim team, go to our website at www.tahomaswim.com. There you will find contact information, schedules, practice times and other useful information.

Head Coach, Dave Wright, dwright@tahomasd.us

Volleyball: (9th – 12th grade): First day of practice is Monday, August 24th. We will meet in the THS gym at 9:00 am for tryouts. Please bring water, snacks if wanted, and shoes and knee pads to practice. Tryouts will run from 9:00 am to noon, Monday – Saturday. We will also have a practice on Tuesday, September 1st; the tentative time for that practice is 3:00 – 5:30 pm, we will finalize the time during the first week of practice and it will be posted on the website. Once school begins, our regular practice time will be 3:00 – 5:30 at THS for all teams. If you are interested in participating in Summer League, please let Coach Eager know. Head Coach, Sally Eager sally.eager@rentonschools.us

Boys Tennis: Practice will start on Monday August 24th, 2009 from 4:00-6:00. Practice will be every day that week at that time, except for Friday of that week, may be earlier. There will probably be at least one Saturday practice before the season as well as a possible Jamboree on the Saturday before school. First match of the year will be Tues, Sept. 8th.

Head Coach; David Reynoldson dreynold@tahomasd.us

Girls Soccer: Tryouts start Monday August 24th. 8:00-10:00am and 3:00-4:30pm Monday thru Thurs, Friday 8-10. Meet on the stadium field. **Head Coach, Jason Johnson, jjohnson@tahomasd.us**