

To All Potential Portland Christian Athletes and Parents:

Please read the following information thoroughly as it pertains to a number of important items essential to all students desiring to be involved in PC athletics at the secondary campus.

For All High School & Middle School Athletes

The following items are required before any student (6th-12th) may begin practice for any and all sports on this campus:

- ✓ A Physical (form required, good for 2 years, kept on file in the HS Office) - Check with Debi Hanson to see if your student is current.
- ✓ Athletic Participation Permit (must fill out one each year)
- ✓ Sports Fee (\$195 for High School, \$155.00 For Middle School, \$145.00 for CYO, \$750 for MS/HS family cap)

Other Information:

- ✓ To Begin Winter/Spring Sports – All athletes' uniforms from the prior sport must be turned in to start a new sport. (There may also be a \$25.00 late fee on all uniforms turned in after the announced deadline).
- ✓ All games are listed on the PC website calendar as they become available or are updated (click on calendar blue oval icon at the top of any page).
- ✓ All forms are available on the PC website at www.pcschools.org/athletics_forms
- ✓ Other Forms (Optional)
 - Permission to Text/Call – Part of the emergency data card.
 - Permission to Ride Home – Must have 24 hour advanced notice for away contests only.

High School Athletics

Fall Sports

- ✓ **All Fall HS Sports Practices Will Begin on Monday, August 23rd**
- ✓ All HS Sports Forms & Fees are **due by August 20th** to begin practice on the 23rd.
- ✓ High School Fall Sports Pictures – Wednesday, September 1st – Times TBA
- ✓ Season Pass Information – Do you attend multiple PC games? Save money by purchasing a season pass to individual or all events. Contact Debi Hanson for more information, check the form on the PC website or purchase at Purple & Gold Day.
- ✓ [Spirit Packs](#) – **OPTIONAL** to all PC families, many of our high school sports have items (clothing, equipment, etc.) that may be purchased to support their specific teams. Coaches will have this information available at their first meeting or practice.
 - Varsity Cross Country
 - Coed Practice Times – 3:00 PM to 5:00 PM
 - Contact Coach John Dotson at 509-990-3435 or pcxccoach@gmail.com for more information.
 - Varsity Football
 - Gear Check Out – Friday, August 20th from 3:00 PM – 5:00 PM
 - Practice Times: 9:00 AM-11:00 AM and 12:30 PM-2:00 PM
 - Contact Coach Andrew Jannsen at andrew.jannsen@pcschools.org for more information
 - Varsity Soccer
 - Practice Times – 9:00 AM to 11:00 AM, Noon to 1:30 PM
 - Opening Endowment Game at 4:00 PM on Friday, September 3rd at PC against Blanchet. (Cost is \$6 per adult/\$4 per student – no passes)
 - **GATE TAKERS NEEDED FOR THIS EVENT**
 - Contact Aaron Lewis at aaron.lewis@pcschools.org for more information.
 - Varsity Volleyball
 - Practice Times – 10:00 AM-Noon and 1:00 PM to 3:00 PM

- Contact Coach Anna Wilson at anna.wilson@pcschoools.org for more information

High School Winter Sports

All Winter HS Sports Practices Will Begin on Monday, November 15th

- Most home games this season will be played at Multnomah Bible College, as well as the varsity practices for both teams. A special form will need to be filled out by all varsity players who practice at this site.

High School Spring Sports

All Spring HS Sports Practices Will Begin on Monday, February 28, 2011

Middle School/Junior High Athletics

All Middle School/Jr. High Sports Forms & Fees are **due by August 28th (P & G Day)** to begin practice

Middle School Fall Sports Pictures – TBA

- Middle School Cross Country (6th-8th grades)
 - Co-ed Practice Times – 3:00 PM to 5:00 PM, beginning August 23rd.
 - Contact Coach John Dotson at 509-990-3435 or pcxccoach@gmail.com for more information.
- Jr. High Football (7th-8th grades)
 - Gear Check Out – Saturday, August 28th at P & G Day (11:00 AM-1:00 PM)
 - Practice Starts – Monday, August 30th from 3:00 to 5:30 PM
 - Contact Coach Josh Taylor at joshua.taylor@pcschoools.org for more information
- Middle School Soccer (6th-8th grades)
 - Co-ed Practice Starts on Wednesday, September 8th from 3:30 PM – 5:00 PM
 - Contact Coach Steve Jannsen at steve.jannsen@comcast.net for more information.
 - There will be a parent meeting at the end of the first day of practice.
- Jr. High Volleyball (7th-8th grades)
 - Practice starts on Wednesday, September 8th from 3:30 PM – 5:00 PM
 - PC will again be playing CYO volleyball. All games are on Saturdays, transportation provided by parents. Once you have been cleared through PC to participate you'll be given the link to register with CYO and complete the process.
 - Contact Aaron Lewis for more information

All Winter Jr. High Winter Sports Practices Will Begin on Monday, November 29th

- Jr. High Basketball (7th-8th grades)
- PC will again be playing CYO basketball. All games are on Saturdays, transportation provided by parents. Once you have been cleared through PC to participate you'll be given the link to register with CYO and complete the process.

All Spring Middle School Sports Practices Will Begin on Monday, March 14, 2010

- Middle School Track (6th-8th grades)
- Athletes may use their track t-shirts from last year, purchase one for \$7.50 this season, or check one out for the season from the athletic office.