

Dear Student Athlete,

June 2021

We are delighted to extend you the opportunity to participate in Post Falls High School athletics. It is a privilege for a student to represent Post Falls High School as a member of one of our athletic teams. We know that PFHS student athletes perform better academically when they are in season. Your participation will enrich your high school years. Below please find our **fall** coach roster and initial practice schedule for 2021-2022.

Contact the coach for summer programs available for students

Cheerleaders Head Coach: Leslie Shamion leslieshamion@gmail.com	August 9 th Contact Coach about tryouts	TBA	HS Commons
Dance Head Coach: Heidi Wagner 509-552-6640 heidiewag@gmail.com https://pfhsdanceteam.wixsite.com/postfalls	August 9 th Continuous Tryouts Available	TBA	HS Commons
Cross Country – Boys & Girls Head Coach: Brian Trefry 509-270-3056 brian.trefry@sd273.com Assistant Coach: Jessie Ward jessie.ward@sd273.com	August 9 th	8:30am	HS Football Stadium
Football – Varsity Head Coach: Blaine Bennett, ext. 6218 blaine.bennett@sd273.com	August 9 th	8:00am	Stadium
JV Football Coach: Nate Guthrie ext. 6229 nate.guthrie@sd273.com	August 9 th	8:00am	Stadium
Football – Freshman Coach: Dennis Amende, ext.6236 dennis.amende@sd273.com Summer weight room/workouts June 21 st - July 30 th Monday-Thursday 7:00am-9:00am for 9 th - 12 th Graders 9:30am-11:30am for 6 th - 8 th Graders Open to all athletes/sports. blaine.bennett@sd273.com justin.farnsworth@sd273.com	August 9 th	8:00am	Stadium
Girls Soccer Head Coach: Kandace Dickson Ld.kandace@gmail.com	August 9 th	8:00am	Soccer Fields
Swim – Boys & Girls Head Coach: Jessica Watkins jessicatwatkins@gmail.com	August 9 th	2:20pm	Room 127
Boys Soccer Head Coach: Gabe Lawson 208-651-5625 gabe.lawson@sd273.com	August 9 th	6:00pm	Soccer Fields
Volleyball – Varsity/JV/Freshman Head Coach: Willow Hanna willow.hanna@sd273.com	August 9 th & 10 th	7:00-9:00am 11:00-1:00pm	Arena Arena

All athletes who will be participating in a fall sport are to report for equipment issuance and the season's first session at the times indicated. Participants may register and sign up for the sports on line at www.registermyathlete.com. Students must be registered before the student will be allowed to practice/tryout. Students must have a **current physical on file** to practice/tryout. Students entering their freshman and junior year that participate in competitive sports must have a new physical that is dated **after May 1, 2021** for the 2021-22 school year. New students transferring to our district must provide a copy of their current physical and a copy of their transcript to register for sports. **Each athlete is required to pay an activity surcharge of \$75** one time per year; this also includes Cheer, Dance, competition Drama, Choir, Band and Quiz Bowl. All students involved in extra curricular activities are required to purchase an **ASB sticker for \$40** prior to the beginning of their sport or activity. This requirement includes all Sport Team members, Cheer, Dance, Pep Band and Student Council members. These fees must be paid **before** the students are allowed to participate in any contests. Surcharge and ASB fees are to be paid at the **HS business office or online**. (Coaches cannot accept any athletic paperwork, physicals or fees).

Fall Athletic Registration

Fall Athletic registration to be completed on-line at www.registermyathlete.com

Fall sport participants must have a completed registration before fall sport begins August, 9 2021. Current physicals must be on file with the activities office. Physicals must be signed & dated by the physician. Freshman and juniors cannot have a physical dated before May 1, 2021. Sophomores and seniors must complete the Interim Questionnaire. These forms can be printed from Register My Athlete.

Thursday, August 5th, and Friday, August 6th, 2021, activities office will be open to receive physicals and assist with the on-line registration. Hours: 8:00am to 2:00pm each day @ PFHS Main Office

Picture Day – Pictures for fall sports for the Fall Program and poster will be taken on Thursday, August 18th, 2021, according to the following schedule. Athletes should be in uniform.

Senior Athletes	8:30am	Trojan Statue
Football	9:00am	Stadium
Volleyball	9:00am	Trojan Statue
Cross Country	10:00am	Trojan Statue
Girls Soccer	10:30am	Trojan Statue
Boys Soccer	10:30am	Trojan Statue
Cheer	11:00am	Trojan Statue
Dance	11:00am	Trojan Statue
Swim	11:30am	Trojan Statue

MANDATORY FALL SPORTS MEETING

On Wednesday, August 18th, at 6:30 p.m., there will be a mandatory meeting for all fall athletes and their parents in the Arena with the Activities Director. At the conclusion of this meeting, we will have the mandatory parent and athlete meeting with the coaches for all fall sports. All parents and athletes are required to attend this meeting. Parents not attending this meeting may be required to complete the online class "Positive Sport Parenting". This class is free and must be completed before the student is allowed to participate in their first contest/game. The course is located at www.nfhslearn.com.

Post Falls High School Summer Office Hours

Monday – Thursday, June 14 th to June 17 th	8:00am to 2:00pm
Monday – Thursday, June 21 st to June 24 th	8:00am to 2:00pm
Friday, June 25 th	8:00am to 12:00pm
Monday - Friday - June 21 st to June 25 th	7:45am to 11:30am (summer school only)
Monday – Friday, June 28 th to July 2 nd	7:45am to 11:30am (summer school only)
Monday – Friday, July 5 th to July 9 th	7:45am to 11:30am (summer school only)
Monday – Friday, July 12 th to July 16 th	7:45am to 11:30am (summer school only)
Monday – Friday, July 19 th thru July 23 rd	7:45am to 11:30am (summer school only)
Monday – Friday, July 26 th thru July 30 th	7:45am to 11:30am (summer school only)
Thursday – Friday August 5 th to August 6 th	8:00am to 2:00pm (athletics only)
Monday – August 9 th (1 st day of fall sports practices)	8:00am to 2:00pm (athletics only)
Tuesday – Friday August 10 th to August 13 th	8:00am to 2:00pm (athletics only)
Tuesday – Friday, August 17 th thru September 3 rd	8:00am to 3:00pm
Office Closed Monday, September 6 th	Closed for Labor Day
<i>Tuesday, September 7th</i>	<i>1st day of School</i>

Follow Post Falls Athletics on Twitter/Facebook

We have started a Twitter account for everyone who might want to receive Athletic Department and Booster Club "updates" (sport team and booster information to help promote what we are doing throughout the year) by email or cell phone text messages. In short, this is a great way to get athletic and booster information out to the Post Falls High School community. Go to www.twitter.com and start your free Twitter account and join us by "following" PFTrojans. We also have a facebook page which can be accessed by searching for Post Falls High School Athletics.

Remember, superior athletic performance, whether by individuals or teams, is dependent on the commitment to be in good physical condition, willingness to work hard, and following the coach's instruction. PFHS coaches are here to assist in every way possible – but they can only do so much. Attending every practice and contest, following the code of conduct, respecting coaches and other athletes, applying yourself to the max, and doing well in your academic courses are the keys to a successful athletic career at PFHS. We welcome your participation and look forward to working with you. At Post Falls High School we believe that character counts!

Craig Christensen, CAA
Activities Director

Up to date schedules can be viewed at <http://pftrojanathletics.com/main/calendar> *