



“Whatever you do, work at it with all your heart, as working unto the Lord, not for men.”  
Colossians 3:23

## PCS Sports Information Form – Fall 2021

Dear Parents,

It's time to start planning for next year's sports seasons at PCS. **Participation in a sport—including practices—will not be allowed without the proper forms and payments being made.** It is especially important to plan ahead to have your student's athletic physical in time for the beginning of the season. **We must have a copy of a physical less than 12 months old.** Student athletes participating in a fall sport must be available for pre-season practice—before the beginning of school.

### Signup Night

Before each season, there is a mandatory meeting called Signup Night. Parents must attend Signup Night, bringing all of the necessary forms and fees. On Signup Night, in addition to collecting the forms & fees, parents and players will hear from the coaches and AD about practices, schedule, post-season events, and all requirements and expectations. Even though we may still send around a “signup” sheet at school, this will only indicate interest. No one will be considered to be on a team's roster unless they sign up on or by Signup Night—by turning in all forms and fees. In order to be added to the roster without being at Signup Night, a parent will have to contact the AD personally, and submit the required forms and fees. The goal is to complete all administrative requirements *before* the first day of practice, and NOT during the season. [If you have an unavoidable conflict, you are encouraged to do this before Signup Night.]

**Fall Sports Signup Night** – Tuesday, July 20 at 7:00 in the school cafeteria.

Who needs to be there? Any student, together with a parent, who plans to participate in any JH or High School fall sport: Soccer [JH & High School], Volleyball [JH & High School], or Cross Country [5<sup>th</sup>-8<sup>th</sup> grade].

What should you bring? Copy of current sports physical, completed ICE form, signed Athletic Contract, completed Athletic Fee Worksheet, athletic fee.

#### **A couple notes on Physicals:**

- You will need proof of a sports physical less than 12 months old. It must include the item “cleared for sports” [which our regular school physical form does not have]. You do not have to use our form. Any form which includes “cleared for sports” will do. There are several forms your doctor can access [including the PIAA sports physical form], which would be acceptable.
- Please bring a copy even if it is still good and “on file” from last year—and please always retain the original.
- At no point in the season can a student participate in any team activity unless we have a copy of a current physical. This includes pre-season practice. If your physical expires at any point during the season, you will not be able to participate in practice or games until we have a copy of the new physical—we cannot give any kind of a “grace period.”

#### **A note on the concession stand:**

- The concession schedule will be available on Signup Night. Please come with your schedule so that you are prepared to sign up for concession shifts.



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## PCS Sports Information Form – 2021-2022

**Participation in a sport—including practices—will not be allowed without the proper forms and payments being made.** It is especially important to plan ahead to have your student's athletic physical in time for the beginning of the season. **We must have a copy of a physical less than 12 months old.** Student athletes participating in a fall sport must be available for pre-season practice—before the beginning of school.

FALL SPORTS	WINTER SPORTS
JV/Varsity (9 <sup>th</sup> -12 <sup>th</sup> grades) Boys* Soccer	JV/Varsity (9 <sup>th</sup> -12 <sup>th</sup> grades) Boys Basketball
JV/Varsity (9 <sup>th</sup> -12 <sup>th</sup> grades) Girls Volleyball	JV/Varsity (9 <sup>th</sup> -12 <sup>th</sup> grades) Girls Basketball
Jr. High (6 <sup>th</sup> – 8 <sup>th</sup> grades) Co-ed Soccer	JV/Varsity (9 <sup>th</sup> -12 <sup>th</sup> grades) Cheerleading
Jr. High (6 <sup>th</sup> – 8 <sup>th</sup> grades) Girls Volleyball	Jr. High (7 <sup>th</sup> – 8 <sup>th</sup> grades) Boys Basketball
Cross Country Club: 5 <sup>th</sup> – 8 <sup>th</sup> boys & girls	Jr. High (7 <sup>th</sup> – 8 <sup>th</sup> grades) Girls Basketball
*Varsity Soccer is technically a boys sport, not co-ed; however, from year to year girls of high ability may be allowed to join the team, depending on number of students who sign up.	Jr. High (7 <sup>th</sup> – 8 <sup>th</sup> grades) Cheerleading
	Elementary (5 <sup>th</sup> – 6 <sup>th</sup> grades) Basketball
	Varsity (9 <sup>th</sup> – 12 <sup>th</sup> grades) Archery
	Middle School (6 <sup>th</sup> – 8 <sup>th</sup> grades) Archery
	Elementary (3 <sup>rd</sup> -5 <sup>th</sup> grades) Archery

**Necessary Forms** [available on the school website]:

- Athletic Fee Worksheet (the last page of this document)
- ICE Form (Insurance, Consent, & Emergency Information)
- Athletic Physical (the Athletic Physical is *not* the same as the regular school physical)
- Athletic Contract (Contract is found on the last page of the Athletic Handbook)

**Athletic Fees:**

- **Family Fee** - The "Family Fee" is paid once per family, per season, regardless of the number of student-athletes in the family. Applies to all sports.
- **First Sport** – The first sport fee corresponds to the first sport of the school year for **each student**. A fall sport will always be a first sport, but those who don't participate in the fall will have their first sport in the winter season.
- **Additional Sport**
  - A student who participates in one fall sport pays the Additional Sport fee in the winter.
  - A student who does not participate in a fall sport pays the First Sport fee in the winter.
  - A student who participates in Cross Country and either Soccer or Volleyball pays one First Sport fee & one additional sport fee in the fall; then Additional Sport fee(s) for any winter sports.
  - A student who does not participate in a fall sport, but in two winter sports, pays the First Sport fee and the Additional Sport fee in the winter.

☆Payment of athletic fees will entitle each family to two season passes for admission to athletic events.

Adults without passes will be charged the admission fee at each contest, children of parents with passes will be admitted free of charge. Additional passes may be purchased for \$25 each.

**Concession Stand:** In addition to the forms and fees, it is expected that each family provide hours in the concession stand. Information about the concession schedule will be sent out at the beginning of each season.

**Other Fundraisers:** The athletic committee makes every attempt to keep costs at a reasonable rate, however, running a quality athletic program is very expensive. On average, it costs about \$350 per athlete, per sport. The only way that we can provide athletics without passing this entire cost along in the form of fees, is because of our various fundraising activities. The largest fundraising programs are the lunch program and the concession stand—which cannot operate without sufficient volunteer support from parents. Each season, there will be one additional fundraiser in which participation from each athlete is required. Traditionally, we have allowed a “buy out” for those who do not want to actually sell the items of the fundraiser. We have included that “buy out” as an option on the athletic fee worksheet.



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## 2021-2022 Athletic Activity Fees

**Please return this worksheet with your payment.** This worksheet MUST be turned in with the other forms before the beginning of the season. The best time to do this is at the sign-up night for that season. Even if you have made some sort of payment arrangement with Erica DeLattre, athletic committee treasurer, this form—indicating all the fees for all of your children for the season—must be completed and turned in.

	First Sport	Additional Sport	Family Fee
JV/Varsity (9 <sup>th</sup> – 12 <sup>th</sup> )	\$125	\$100	\$25 per family, each season
Junior High/MS (6 <sup>th</sup> – 8 <sup>th</sup> )* Cross Country (5 <sup>th</sup> – 8 <sup>th</sup> )	\$100	\$75	
Elementary Archery/Basketball (3 <sup>rd</sup> – 6 <sup>th</sup> )*	\$75	\$50	

\*Fee is determined by the level of the *team*, not the grade of the student. 6<sup>th</sup> graders playing on a JH/MS team pay the JH/MS fee. ALL Cross Country participants pay the JH/MS fee. 8<sup>th</sup> graders playing full time on a JV or Varsity team pay the JV/Varsity fee.

**Please return this worksheet with your payment** so that we can track which students have paid for which sports. This worksheet can be used for one season at a time: please include all of your children, all of their sports for that season, and include the fall or winter family fee. If you prefer to pay for the entire year all at once, include all your children, all their sports, and both fall and winter family fees. Fall and winter seasons have separate fundraisers/buyouts.

### Athletic Fee Worksheet

Name of Student	Sport	First Sport Fee	Additional Sport Fee	Total	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
		\$	\$	\$	
Fundraiser Buyout: Remember, if you do not choose to include the buyout, your students will be expected to meet minimum selling requirements.		Fall Family Fee		\$25.00	\$
		Winter Family Fee		\$25.00	\$
		Fall/Winter Fundraiser “Buy Out”		\$25.00/season	\$
		<b>TOTAL =</b>			\$

Please make checks payable to: “PCS” with Memo: “Athletic Fees”

(Please include all sports your student will participate in this season. Payment of fees must be made prior to the start of each sports season. Exception requests (payment plan or fee forgiveness must be made in writing to the athletic committee prior to the start of practices: attach your request & explanation when turning in this form.)

For forms and/or questions, contact:

Athletic Director: Scott Thomson [s.thomson@ourpcs.org](mailto:s.thomson@ourpcs.org) or (724) 967-1162  
Athletic Committee President: Joe Onderko [onderko@pacathletics.org](mailto:onderko@pacathletics.org) or (724) 944-1329