

Requirements for all players:

1. All players will need to have an up to date physical prior to the start of the 1st practice/try out.
 - a. Physicals are good for 13 months. If you have any questions about last school year physicals, please contact Mr. Olson.
2. Any player who does not have a physical will not be allowed to try out/ start practice.
3. All players need to be present at all try outs/practice the first week.
4. Prior to the 1st game, there will be a \$25 activity fee.
5. Prior to the 1st game, there will be a \$5 concussion baseline testing fee. (paid on the day of the test).

Softball

1st Practice- Monday, July 25th 4:00-6:00pm @ PCJH.

Baseball

1st Practice Monday, August 1st 8:00am-12:00pm @ PCJH

Cross Country

Parent/Athlete Meeting Monday, July 25th 4:30 @ PCJH

1st Practice Monday, August 1st 10:00-11:00am @PCHS

Golf

1st Practice Tuesday, August 23rd 6:45-8:00am @ PCJH

Practice schedules and communication information will be distributed by coaches at 1st practice.

Softball & Baseball Pictures

Frida, August 5th 12:00pm @ PCJH

Golf & Cross Country pictures will be scheduled.

Concussion Testing

Baseball- Tuesday, August 9th 8:00am @ PCJH

Softball- Tuesday, August 9th 9:00am @ PCJH

Golf & Cross Country athletes can attend either concussion test session on August 9th