



# Washington Catholic Athletics Department

## Student Sports Sign-Up - Fall 2020

Athlete Name

Male or Female

(Circle One)

Grade

Washington Catholic encourages each student to be a part of our athletic programs. Please review all of our offerings and select which program(s) you would be interested in. We also welcome parents to be involved and help with coaching and practices. We would like to receive your sign-up form by October 1st, but we will also send out reminders for spring programs as the school year moves forward.

### Fall

Boys Middle School Soccer (5-8)

Girls Middle School Soccer (5-8)

Boys Middle School Cross Country (5-8)

Girls Middle School Cross Country (5-8)

Boys Varsity Soccer (9-12)

Girls Varsity Soccer (9-12)

Boys Varsity Tennis (9-12)

Boys Middle School Tennis (5-8)

Girls Middle School Golf (5-8)

Girls Varsity Golf (9-12)

### Winter

Boys 1<sup>st</sup> and 2<sup>nd</sup> Basketball

Girls 1<sup>st</sup> and 2<sup>nd</sup> Basketball

Boys 3<sup>rd</sup> and 4<sup>th</sup> Basketball

Boys 5<sup>th</sup> and 6<sup>th</sup> Basketball

Girls 5<sup>th</sup> and 6<sup>th</sup> Basketball

Boys 7<sup>th</sup> and 8<sup>th</sup> Basketball

Girls 7<sup>th</sup> and 8<sup>th</sup> Basketball

Boys Varsity Basketball (9-12)

Girls Varsity Basketball (9-12)

5<sup>th</sup> and 6<sup>th</sup> Cheerleading

7<sup>th</sup> and 8<sup>th</sup> Cheerleading

Varsity Cheerleading (9-12)

Varsity Dance (9-12)

### Spring

Boys Middle School Track (5-8)

Girls Middle School Track (5-8)

Boys Middle School Golf (5-8)

Girls Middle School Tennis (5-8)

Boys Varsity Track (9-12)

Girls Varsity Track (9-12)

Boys Varsity Golf (9-12)

Girls Varsity Tennis (9-12)

I \_\_\_\_\_ am interested in coaching or assisting with the following sports:

( Parent Name)

Parents Signature

Date

**\*\*Please Return Form to the Elementary Office or High School Office**



**By Thursday October 1<sup>st</sup>.\*\***

## **Overview of Sport Seasons**

### **Boys and Girls Varsity Soccer**

Preseason: June until August 1<sup>st</sup>

Season: August thru mid-October

Practices Usually 5 a week

Games: Normally around 14 and State Tourney

### **Middle School and Varsity Cross Country**

Preseason: June – August

Season: August thru early October

Practices; Usually 5 a week

Meets: Normally around 8

### **Varsity Boys and Girls Basketball**

Preseason: June thru end of July and again October to November

Season: Girls-Late October thru Early February and State Tourney

Boys- November thru Early March and State Tourney

Practice: Usually 6 a week

Games: Normally 18-20 and State Tourney

### **Boys and Girls 5/6 Basketball**

Preseason: June/Summer Camp

Season: Late October thru end of January

Practices: Usually 3-4 Week

Games: Normally around 12

### **Varsity Cheerleading**

Season: November thru early March

Practices: Normally 2 a week

Games: 18-20 Games

### **5/6 Cheerleading**

Season November Thru end of January

Practices: Usually 1-2 a week

Games: Home Games Only (6-7)

### **Boys and Girls Middle School Soccer:**

Preseason: July 12 – August 1

Season: August thru first of October

Practices: Usually 4 a week

Games: Normally around 12 games and 3 tourney games

### **Boys and Girls 7/8 Basketball**

Preseason: June thru end of July

Season: Mid October thru Early Feb

Practice: Usually 4 a week

Games: Normally 12 and Blue Chip Tourney

### **Boys and Girls 1<sup>st</sup> – 4<sup>th</sup> Basketball**

Season: Late October thru end of January

Practices: 1-2 a week

Games: TBD

### **Varsity Dance**

Season: November thru early March

Practices 1-2 a week

Games: Dance at designated home varsity games

### **7/8 Cheerleading**

Season: November thru Early February

Practices: Usually 1-2 a week

Games: Home games only (6-7)

**Boys Middle School and High School Golf**

Season: April Thru end of May for Middle School  
April thru first of June for High School

Practices: Usually 4 a week

Matches: Middle School Usually 6-8 matches  
High School usually around 12 plus State Tourney

**Girls Middle School and High School Golf**

Season: July Thru end of September for Middle School  
Practices: Usually 4 a week

Matches: Middle School Usually 6-8 matches  
High School usually around 12 and State Tourney

**Boys Middle School and High School Tennis**

Preseason: June and July

Season: August Thru Early October

Practices: Usually 4 a week

Matches: Middle School around 8  
High School around 15 and State Tourney

**Girls Middle School and High School Tennis**

Preseason: February

Season: March thru mid-May

Practices: Usually 4 a week

Matches: Middle School around 8  
High School around 15

