



Welcome To Sequim High School Athletics and Activities!

“Home of the *WOLVES*”



Sequim High School offers sports in three seasons:

FALL ~ Football, Volleyball, Boy’s Tennis, Cross Country,
Girls’ Soccer, Girl’s Swimming/Diving, Cheerleading

WINTER ~ Boys’ Basketball, Girls’ Basketball, Girl’s bowling,
Boy’s Swimming/Diving, Wrestling, Cheerleading

SPRING ~ Baseball, Fastpitch, Boys’ Soccer, Girls’ Tennis, Golf, and Track

**In addition anyone participating in any SHS organized summer sport practice or camp will need to be cleared also.

WHAT YOU WILL NEED:

- Forms:** Athletic packets are located in the main office. **All** forms must be returned to the main office for clearance **before** participation. (See Yellow Card)
- Fees:** All participants must purchase an ASB Card (\$50) and pay a Play to Participate fee (\$75 per sport with a \$150 cap per athlete, or \$225 cap per family). Pay to Participate fee will **only** be refunded if the student is cut from the team.
- Physical:** A current sports physical is required. Physicals are good for 24 months from the date of the physical. Physicals given by chiropractors **WILL NOT** be accepted.
- Extra-Curricular Form:** Please read and sign on **ALL** appropriate parent and student signature lines. It is only necessary to fill out **ONE** of these forms per school year. This form is good for all athletics, band, choir and extra-curricular clubs.
- Concussion / Cardiac Arrest Form:** Please read and sign. Only **ONE** of these forms is required per school year.
- Weightlifting Informed Consent:** Please read and sign. Only **ONE** of these forms is required per school year.
- Informed Consent:** Individualized form for each sport. Signatures and initials required on **BOTH** sides.
- White Card:** Please complete all information including physician and emergency contact and sign the **BACK** of the card. Students may need one or more cards during the school year depending on how many sports or activities they participate in. **EACH** coach or advisor will need a white and yellow card.
- Yellow Card:** When students have turned in **ALL** forms for sports and/or activities and paid all fees and **cleared all fines** they will be issued a yellow clearance card. The coaches or advisors will need your white and yellow card **before participation in any sport or activity**.