

# NHS ATHLETICS

[newbergtigers.org](http://newbergtigers.org)

## NHS FALL SPORTS PROGRAMS

Cross Country, Football, Soccer, Volleyball, Water Polo



### IMPORTANT DATES FOR 2018

**July 22-28**

Sports Moratorium Week--No Contact

**Online Sports Registration June 18-August 10, 2018**

[www.newberg.k12.or.us/nhs/athletics](http://www.newberg.k12.or.us/nhs/athletics)

or [newbergtigers.org](http://newbergtigers.org)

**Deadline August 10**

**August 9: Meeting for ALL Athletes and Parents**

NHS Auditorium 7:00 pm

**August 13**

First Day of Fall Practices/Try-Outs

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**August 6-10 Mandatory Sports Concussion Testing**

**THIS IS REQUIRED EVERY YEAR**

**Location: NHS Computer Lab**

**August 6**

- 9<sup>th</sup> gr Football 8:00 am
- 11<sup>th</sup>-12<sup>th</sup> gr Football 9:00 am

**August 7**

- Volleyball 8:00 am
- Cross Country 9:00 am
- Cheer/Dance 10:00 am

**August 8**

- 10<sup>th</sup> gr Football 8:00 am
- Boys Soccer 9:00 am

**August 9**

- Girls Soccer 11:00 am

**August 10**

- Make-Up 9:00 am

**August 13**

- Water Polo 7:00 am

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**Athletics/Activities:** Ronni Cook

Phone: 503-554-4407 Fax: 503-538-6560

e-mail: [cookr@newberg.k12.or.us](mailto:cookr@newberg.k12.or.us)

**Athletic Director:** Tim Burke

Phone: 503-554-4407

e-mail: [burket@newberg.k12.or.us](mailto:burket@newberg.k12.or.us)

### ONLINE REGISTRATION

Newberg High School is changing to *online only* sports registration for the 2018-2019 school year. Go to our website and click “**Register An Athlete**” at the top of the page. If you do not have access to a computer, please contact the athletic office for assistance.

#### Physical Form and other Requirements

Every student-athlete must have a current, State of Oregon physical form on file **prior to the first day of practice**. Physical exams are good for two years. Physical forms can be found on the athletic website or at OSAA.org. Completed forms can be uploaded directly to your registration page or submitted to Ronni Cook via e-mail, fax, or in person. In addition to the current physical, all student-athletes must have medical insurance and must take the baseline concussion test.

### PARTICIPATION FEE

2018-19 sports participation fee is \$200 per sport. Student-athletes who participate in two or more sports during the year pay a maximum fee of \$400. Families with more than one student-athlete pay a maximum of \$600. If fees are not paid or if payment arrangements are not made, the student-athlete will not be allowed to compete.

**Payments can be made online at [www.newberg.k12.or.us/nhs](http://www.newberg.k12.or.us/nhs) click WEBSTORE (not open for payments until August 1<sup>st</sup>)**

**For information about specific sports, including practice and try-out information, contact the head coach directly.**

CROSS COUNTRY	BRUCE SINKBEIL	<a href="mailto:sinkbeilb@newberg.k12.or.us">sinkbeilb@newberg.k12.or.us</a>
FOOTBALL	KEVIN HASTIN	<a href="mailto:hastink@newberg.k12.or.us">hastink@newberg.k12.or.us</a>
SOCCER, BOYS	TBA	TBA
SOCCER, GIRLS	ANTHONY TREJO	<a href="mailto:anthonytrejo@umpquabank.com">anthonytrejo@umpquabank.com</a>
VOLLEYBALL	MACKENZIE UPCHURCH	<a href="mailto:coachmupchurch@hotmail.com">coachmupchurch@hotmail.com</a>
WATER POLO, BOYS	JIM MCMASTER	<a href="mailto:mcmastj@cprdnewberg.org">mcmastj@cprdnewberg.org</a>
WATER POLO, GIRLS	CARI BLANCHARD	<a href="mailto:bertrandcl@yahoo.com">bertrandcl@yahoo.com</a>
CHEER	LISA BERG	<a href="mailto:lorenalisa@aol.com">lorenalisa@aol.com</a>
DANCE	COURTNEY JOEL	<a href="mailto:joelc@newberg.k12.or.us">joelc@newberg.k12.or.us</a>