



VALLEY CATHOLIC ATHLETICS

2021-2022

TBD Athletic Director
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(contact Kelly with registration questions)

Welcome to Valley Catholic High School! Valley Catholic offers many sports programs for students of all athletic abilities. It is our mission to help students develop character and maximize athletic potential through the discipline of athletic competition. Below is some information to help you as you begin your journey here at Valley Catholic.

Valley Catholic High School competes at the 4A classification in the OSAA and are also members of the Cowapa League for most of our sports. Other sports are in special districts. We offer OSAA varsity teams in 19 sports and also JV and JV2 in many of these sports.

Our high school has a no-cut policy in athletics meaning all students can participate on an athletic team. Because of the no-cut policy Valley catholic does not sponsor high school CYO teams except in the sport of boys' basketball. Due to the number of participants, the boys' basketball program offers three high school teams and one CYO team. Playing time and participation on the varsity teams for all of our sports is earned and determined by the head coach.

REQUIRED FORMS AND FEES TO PARTICIPATE IN ATHLETICS AT VALLEY CATHOLIC

All MUST be completed and submitted by August 9, 2021 for athletes competing in a fall sport.

- SPORTS PHYSICAL:** All student-athletes choosing to participate in a sport during the 2021-22 school year must have a current physical on file with the athletic department prior to practicing beginning. The physicals are valid for 2 years. All freshmen must have one completed and a second one will be required before your junior year. **The physical MUST be completed on the OSAA sanctioned physical form.** A link to the OSAA form can be found on the valleycatholic.org website under athletics. Physicals can be mailed or turned into the main office.
- ATHLETIC REGISTRATION (CONSENT & EMERGENCY INFORMATION):** All student-athletes are required to register for the sports they intend to participate in for the school year prior to participating in any athletic practices. **The registration is completed online ONLY. Click on the athletics tab on the school website.**
- ATHLETIC FEE:** There is a \$125 fee required to play a sport each season, with a \$250 maximum per student per year. The fee for a third sport is waived. The maximum for a family with multiple athletes is \$625 per year. The athletic fee can be paid online when completing registration or by cash/check. Checks should be made to Valley Catholic and mailed or turned into the main office.

FALL SPORTS

Practices Begin Aug. 16

Football
Volleyball
Soccer
Cross Country
Dance

WINTER SPORTS

Practices Begin Nov. 15

Basketball
Swimming
Dance

SPRING SPORTS

Practices Begin Feb. 28

Baseball
Softball
Tennis
Golf
Track & Field

MORATORIUM WEEK: There is a moratorium week at the end of July each summer in which **NO** workouts are scheduled or allowed and facilities are closed to all athletes. It provides a built in break for athletes and a good opportunity for families to plan vacations this week. The dates of the moratorium week are posted one year in advance on the OSAA website. The Moratorium Week this year is: July 25-31. Students planning to play a fall sport are expected to be at practices beginning August 16.