

Junction City High School

Department of Athletics
1135 W. 6th Ave
Junction City, OR 97448

Dear Junction City High School Parents/Guardians, and Student-Athletes:

Believe it or not, it's now time to begin planning for the 2018-2019 academic school year. Hopefully the below listed information will make it easier for you to register your student-athlete for the upcoming 2018-2019 athletic calendar year.

There were some notable athletic highlights from last year's varsity programs such as the women's soccer team being crowned Sky-Em league champions for the second consecutive year. The varsity softball team also won a second consecutive league title while finishing 26-2 on the season. Our women's basketball team had a remarkable season were named Sky-Em league champions. The varsity baseball team won their first Sky-Em league championship since 1999, and made it to the OSAA semifinal game where they lost a close 4-1 contest against Gladstone. Our women's tennis team also won districts, and finished fifth at state helping to add to the overall success at JCHS. Even the OHSET team won a state championship in Team Penning which is just remarkable!! We had multiple athletes receive all-state honors in each of their respective sports. These achievements speak highly to our coaches, the student-athletes, and to the all of the parents/volunteers who made 2017-2018 such a successful year.

With that said, please mark your calendars as **fall sport registration night will be Tuesday August 7th, 2018 from 5:00-7:30 pm** outside the east wing athletic office located at 421 Maple Street. A computer lab in the Pitney Center will be available for use. Athletic office staff members will be present to facilitate the online registration process. Sports fee payments can be made at that time as well.

Please also note **fall practices begin the morning of Monday August 13th, 2018.** We recommend athletes stay in shape over the summer to help reduce the likelihood of injury at the beginning of fall camp. Showing up to practice out of shape, and unprepared for the demands of the sport can have a negative impact not just on the individual, but for the team as well.

We will be holding our **fall sport parent night on August 22, 2018 at 6 pm.** We will meet at Bill Peden Field for a bbq, and break into individual team groups out at the field to go over team rules/expectations for the season. The Tiger Club and the athletic department would like to treat our coaches, student-athletes, and their families to some good old fashioned hospitality by bringing everyone together for a meal. Our mission as a staff is unify, and help build healthy personal relationships within the community, which ultimately draws us closer together. If it is raining for some reason, we will move inside the west wing gymnasium.

The "tentative" start times for each respective sport for "daily doubles" are listed below. Athletes participating in cheer or cross country will need to check with their respective head coaches for where and when practices will commence.

1. Football

Monday, Wednesday, and Friday: 7-9 am & 5-7 pm
Tuesday and Thursday 7-9 am (times scheduled to change due to weather conditions)

2. Women's Soccer

Monday, Wednesday: 9-11am & 5-8 pm
Tuesday, Thursday, Friday: 5-7pm (times scheduled to change to due weather conditions)
Saturday: 8-10 am

3. Men's Soccer

Monday, Wednesday & Friday: 9-11:30 am & 6-8 pm
Tuesday, Thursday: 9:00-11:30 am (times scheduled to change to due weather conditions)

4. Volleyball

Monday, Wednesday: TBD
Tuesday, Thursday, Friday: TBD

If you have questions for coaches in regards to fall sport schedules, or need more information on summer camp dates/times, then please see the following head coach email addresses listed below:

1. Cheer: Raquel Cope jchscheer@gmail.com
2. Cross Country: Shannon McAdams smcadams@junctioncity.k12.or.us
3. Football: Richard Milne rmilne@junctioncity.k12.or.us
4. Women's Soccer: Chris Bolton cbolton@junctioncity.k12.or.us
5. Men's Soccer: Beau Dussell bjdussell@junctioncity.k12.or.us
6. Volleyball: Gary Meininger vbcoachm@comcast.net

WE WILL BE DOING ONLINE SPORTS REGISTRATION again this year using FamilyID. This user friendly program is a secure registration platform which allows parents, guardians, and students the convenience of selecting the desired programs they wish to register for. Families with limited internet access are encouraged to stop by the athletic office for assistance any time after August 7th, 2018. Please use the following link <https://www.familyid.com/pages/home> to create a new account, or to reregister your student-athlete. You may also visit our district webpage and click on the athletics link, which will also direct you to the FamilyID webpage. Once you've created a new account, FamilyID will send you a separate email link that can be used to activate your new account. Click on this blue link, and automatically you will be logged into the FamilyID system. Please take 5-10 minutes to complete the required information, and when finished, hit the save and continue button. For an additional charge, there is an option to pay for the sports fee while logged into FamilyID, however we recommend payments be made in the east wing athletic office. You can pay with cash, or with a check made out to JCHS.

IN REGARDS TO TEAM CAMPS, The football program will be hosting their annual JC Football Clinic on August 13-16th, 2018. Please see the attached flyer for more information.

The boy's basketball team will be hosting their 33nd annual basketball clinic from June 20-23rd, 2018 in the west wing gymnasium. The boys will also be taking their annual team camp trip to Seaside from June 25-28th, 2018. Please see attached flyer for more information.

We recently hired a new women's basketball coach. His name is David Thompson and we are thrilled he will be joining our coaching staff for this upcoming 2018-2019 athletic calendar year. Coach Thompson has coached middle school, high school, and has even coached at the college level. There will be a summer girls' basketball camp for those who are interested. Please see the attached flyer for more information.

Our head wrestling coach Bob Lee will be hosting a Tiger wrestling camp from June 25th-29th. The camp is open to girls and boys grades 5-12. Jason Powell and Kevin Roberts will be our featured clinicians who will help break down the fundamentals of leg riding and turns, leg ride defense, breakdown and turns, takedowns and shot defense, closing gap and hand fighting, and short offense. Please see the attached flyer for more information.

We are in the process of interviewing potential head coaching candidates for our women's varsity volleyball team. We are narrowing down the applicant pool, and have assembled an interview committee who will help select the best candidate that will usher in a new era of Junction City volleyball. We are tentatively scheduled to run a volleyball conditioning camp the week of August 6-10th, 2018. This is not a mandatory camp, and will in no way determine playing time for the 2018 season. This will just be an opportunity for players to get ready for the start of fall sport practices, and will be set up in an "open gym" format.

The cross country team will be helping with the 44th annual Scandia Run & Walk on Saturday August 11th, 2018. This is a huge fundraising opportunity for them. Please see the attached flyer for more information if you are interested in kids 400m fun run, the 5K run/walk, or the 10k run. You can also use this link to access more info too: <https://scandiarun.com/>

IN REGARDS TO SUMMER CONDITIONING CAMPS: Junction City High School will be offering a conditioning camp (open to all high school student-athletes) at the soccer fields August 6th-9th, 2018 from 9:00am-11:30 am. The cost is free and the emphasis will focus on speed, agility, plyometric, core work, and conditioning. This camp will be hosted by the boys and girls' soccer coaching staff. Although this is designed primarily for soccer players, the camp is open for all athletes interested in improving their overall conditioning prior to daily doubles.

IN REGARDS TO SPORTS FEES, the athletic department will charge \$160.00 for each student-athlete unless that student qualifies for the free/reduced lunch program; then the fee drops to \$85.00. If your family is already "APPROVED" for free/reduced lunch program, then please bring in your approval letter to the east wing athletic office so we can reduce the sports fee from \$160.00 to \$85.00. If you are unable to make the payment in full, an alternative payment agreement can be arranged with the district bookkeeper. Our alternative payment plans allow families the option of making zero interest monthly payments towards the remaining balance of the sports fee. For more information on how to set up a payment plan, please contact the east wing athletic office.

IN REGARDS TO PHYSICALS, athletes who do not have a current physical on file in the east wing athletic office will need to obtain this exam from a licensed healthcare professional as defined as an M.D., D.O., physician assistant, or nurse practitioner. STATE LAW REQUIRES HIGH SCHOOL ATHLETES TO HAVE A PHYSICAL EVERY OTHER YEAR. In order to participate without restrictions on the first day of fall sport practices, a current physical must be on file in the east wing athletic department before any athlete can participate without restrictions. Physical forms can be picked up directly at the JCHS athletic office, downloaded from our district webpage, or can be downloaded from the OSAA website link listed as follows:
<http://www.osaa.org/docs/forms/PhysicalExamination-2010.pdf>

IN REGARDS TO SUMMER SCHOOL, if your student-athlete needs to retake courses or get back on track to graduate, the Junction City School District is offering JC Online Summer School. Each course is \$100. The tuition for the subsequent course(s) will be \$50. However, if your student qualifies for “Free/Reduced Lunches” tuition costs will be reduced to half. Please see the attached flyer for more information, or contact Linda Jackson in the Pitney Center for more information. Checks should be made out to Junction City School District (JCSD) NOT to JCHS.

The Monroe Health Center will also be offering walk-in sports physicals on **Tuesday August 7th 12:30-5:30 pm**. The cost for the Monroe Health Center walk-in physicals is \$20.00. This is a great affordable resource for families to take advantage of. You just have to be willing to drive to 8 miles out to Monroe. This is a **ONE DAY** opportunity so please take advantage of it.

The Junction City Medical Clinic offers walk-in physicals for \$50.00 **anytime** of the year. If you prefer to schedule a physical with your primary care physician regardless of location, then please do so. Physicals are typically provided at no cost if a “Wellness Check” is scheduled with the athlete’s primary care physician. It is during this visit the physical exam can be performed.

IF YOU ARE LOOKING FOR AN INSURANCE PLAN to help cover your athlete this upcoming 2018-2019 academic calendar year, the JCHS athletic department offers a variety of coverage options through the Myers-Stevens & Toohey Inc. Group. Coverage begins at 11:59 pm on the day the company receives the completed coverage request form, and required premium based on the coverage selected. Benefit plans can be purchased online by viewing www.myers-stevens.com and includes the following: 1) Student Accident & Sickness Plan, 2) Interscholastic Tackle Football Accident Plans, 3) Full-Time 24/7 Accident Plans, 4) and a School-Time Accident Plan. For more information, please feel free to stop by the east wing athletic office, and pick up an insurance brochure to determine which plan is right for your family’s budget needs.

We look forward to seeing a great turnout in the fall. If you have any questions, please don’t hesitate to contact the east wing athletic department before the office shuts down on June 20th, 2018. We will return the morning of August 7th, 2018 to begin a new athletic calendar year. Thanks again, and let’s make it a great summer!

Sincerely,
Craig Rothenberger, CAA