

PSD Athletics

The PSD middle school athletic program exists to promote participation in a wide variety of education-based athletic programs. It is important to recognize the unique developmental needs of the middle level student, to promote activities that build student success through active participation, increased skill building, and positive sportsmanship.

PSD Middle School Athletics

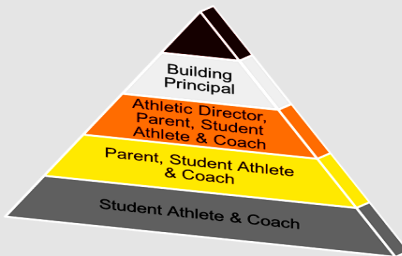
To pursue excellence daily through character and education-based activities.

Preston Athletics:

- 1) Are not defined by the scoreboard or rating sheet.
- 2) Demonstrate a commitment to respect, the spirit of fair play, and the ideals of sportsmanship.
- 3) Are aligned with the mission, values and policies of PSD and the CHSAA.
- 4) Are led by coaches/sponsors that are committed to such ideals.
- 5) Are participated in by students with an understanding of their role in representing PSD, their school, their team, and their community.

Preston Athletics Communication

- 1) Students are encouraged to self-advocate with their respective coaches whenever appropriate.
- 2) Parents, alongside student-athlete, advocate to resolve any issues or concerns.
- 3) Athletic director serves as facilitator between students, parents, and coach for resolution. Building Principal will be included if no resolution can be reached.



Preston Excellence in Athletics 2017-18

7th Football.....	DISTRICT CHAMPIONS
7th Volleyball.....	District Runner-up
Boys Cross Country.....	District Runner-up *State Champions
Girls Cross Country.....	DISTRICT CHAMPIONS *State Runner-up
Girls Tennis.....	District Runner-up
Boys Tennis.....	District Runner-up
7th Boys Basketball.....	DISTRICT CHAMPIONS
8th Boys Basketball.....	DISTRICT CHAMPIONS
7th Girls Basketball.....	District Runner-up
8th Girls Basketball.....	District Runner-up
Wrestling.....	District Runner-up
Softball.....	DISTRICT CHAMPIONS
Boys Golf.....	DISTRICT CHAMPIONS
Girls Golf.....	District 3rd Place
Girls Track.....	DISTRICT CHAMPIONS

Concussion return to play protocol

NO physical activity as long as symptoms persist

-Quiet time / maximum rest (Could take days or weeks)

*When 100% symptom free for 24 hours proceed to stage 2

Light aerobic activity

-Walk, swim, stationary bike – 10-15 mins of no resistance

*If symptoms re-emerge then return to previous stage, if symptom free for 24 hours move to next stage.

Sport-specific exercise

-Running drills, 20-30 minutes –no lifting, no head contact

*If symptoms re-emerge then return to previous stage, if symptom free for 24 hours move to next stage.

Non-contact training drills

-Progression to complex drills; start progressive resistance training

*If symptoms re-emerge then return to previous stage, if symptom free for 24 hours move to next stage.

Full-contact practice

-Following written medical clearance from MD, DO, PA, NP, practice in normal training activities; full exertion

*If symptoms re-emerge then return to previous stage, if symptom free for 24 hours move to next stage

Return to play

PRESTON MIDDLE SCHOOL

PRINCIPAL: AMY SCHMER

ASSISTANT PRINCIPAL: LINDSEY MATKIN

ASSISTANT PRINCIPAL/ATHLETIC DIRECTOR: BILL SAINT

4901 Corbett Dr.

Fort Collins, CO 80528

970-488-7300

Prseston Office Email:

pumaoffice@psdschools.org

<https://pre.pdschools.org/athletics>

LEADERSHIP, INTEGRITY, CHARACTER, AND
SPORTSMANSHIP THROUGH ATHLETICS

Preston

PARENT & STUDENT ATHLETIC GUIDE



970-488-7300



Parent & Student Guide to Preston Athletics

Sports for 7th & 8th Grade Pumas

FALL

Football *no cut sport

8th Grade Team

7th Grade Team

Cross Country *no cut sport

6-8th Grade combined GIRLS

6-8th Grade combined BOYS

Tennis *no cut sport

7th & 8th Grade combined GIRLS

7th & 8th Grade combined BOYS

Volleyball *cut sport

7th Grade Team

8th Grade Team

Winter

Boys Basketball *cut sport

8th Grade Team

7th Grade Team

Girls Basketball *cut sport

8th Grade Team

7th Grade Team

Wrestling *no cut sport

7th & 8th Grade combined

Spring

Golf *cut sport

6th-8th Grade combined GIRLS

6th-8th Grade combined BOYS

Softball *no cut sport

7th & 8th Grade combined GIRLS

Track *no cut sport

6-8th Grade combined GIRLS

Sports for 6th Grade Pumas

Fall

Cross Country *no cut sport

6-8th Grade combined GIRLS

6-8th Grade combined BOYS

Spring

Golf *cut sport

6th-8th Grade combined GIRLS

6th-8th Grade combined BOYS

Track *no cut sport

6-8th Grade combined GIRLS

6-8th Grade combined BOYS

Fees

All fees must be paid prior to the first day of practice or try-outs.

\$105 per sport -PSD students

\$157 per sport -home, private, charter school

*Athletes who do not make the team of a cut sport you will receive a full refund.

Fees may be paid at Preston with check, cash.

Fees may also be paid online through [SchoolPay](#) @

psdschools.schoolpay.com.

For more information about **SchoolPay**, **fee waivers**, free and reduced lunch application, please visit the Poudre School District website.

Sports Physical

Students must have a current physical on file in the building prior to participation in any practices or competition.

****Physicals are valid for 1 calendar year.*

Athlete Registration Forms

Students may register online at psdathletics.org

Students may also pick up registration packets in the Preston main office or download documents at psdathletics.org

Athlete Eligibility

In an effort to promote the development of student-athletes, and with the education of the whole child in mind, the eligibility process is designed to maximize student opportunities to excel in the classroom and athletics. Academic standard of 1.49 or better in each class must be met. Students must also meet citizenship and attendance standards per the Preston Athletic eligibility guide.

Pre-Season Camp

Pre-season camps are voluntary and have no bearing on making the team. Camps may last in duration of 5 days or less and may be held the week prior to the 1st day of practice. Please check the Preston website for more information regarding pre-season camps.

Game/Competition Schedules

All middle school sports schedules can be found at the following website psdathletics.org

Team Apparel

Athletes will be provided a uniform to wear for all competitions. Each individual sport/coach will open an online window for athletes to purchase sport specific apparel.

Sports Seasons: 1st practice — Championship

Cross Country

8/22/18, - 10/6/18

Football

8/22/18—10/20/18

Tennis

8/22/18—10/4/18

Volleyball

8/22/18 — 10/13/18

Boys' Basketball

10/22/18 — 12/13/18

Girls' Basketball

1/8/19 — 3/2/19

Wrestling

1/14/19 — 3/2/19

Softball

3/4/19 — 4/27/19

Golf

3/25/19 — 5/10/19

Track

4/8/19 — 5/21/19

