

# David Douglas Scots Athletics

## Winter Sports - Clearance

Athletic Secretary/Bookkeeper will be in North Office from 8am to 4pm

Monday, November 11 through Friday, November 15 2019

DDHS North Office - 1001 SE 135th - 503-261-8325

**\*\*Day of or Late Clearance will result in missed practice time\*\***

### Athletic Participation Requirements

The following requirements for participating in athletics must be completed and on file in the athletic office **prior to practice or tryouts**. Athletic and physical forms are in the athletic office or on the DDHS website.

- \* Have passed 5 classes the previous semester and be enrolled in and passing 5 classes for the current semester.
- \* Students must earn minimum credits required to graduate from David Douglas according to OSAA guidelines.
- \* Have a current physical on file – OSAA physical form required.
- \* Have parent permission, emergency and code of conduct forms filled out and signed.
- \* Have verification of medical insurance or purchase school insurance.



**HAVE PAID IN FULL PARTICIPATION FEE PRIOR TO TRYOUTS**  
**\$100 first sport (Fall), \$100 second sport (Winter), 3rd sport free (Spring)**

David Douglas School-Based Health Center will be offering physicals Call or stop by  
 For appointments call (503)988-3554.

### Physical Exam Information for Student Athletes

The Oregon Legislature has mandated that all schools require physicals for 9<sup>th</sup> and 11<sup>th</sup> grade students participating in athletics. They have also mandated that all students use the form recommended by the OSAA. This law took effect in the fall of 2002. To comply with the law and provide the safest possible environment for our students, David Douglas High School has established the following policy for athletic physicals.

**\*All freshmen and juniors are required to obtain a physical recorded on the OSAA physical form**

**\*\*Dated June 2019 or later. 8th Grade Physicals cannot be accepted.**

**\*\*\*All other students must have a physical on file and complete the interim form for athletic clearance.**

We strongly recommend that any student who has a family health care provider familiar with their medical history obtain their physical from that person. The **OSAA physical form** to be filled out by a doctor may be picked up in the DDHS Athletic Office or is on the high school website.

### Winter Sports Starting Dates and Information

Sport	Swimming	Boys Basketball	Girls Basketball	Wrestling	Winter Cheer	TAMS
Head Coach	James Bowe	Chad Reeves	Chris Cavanaugh	Anthony Weerheim	Amber Cowgill	Lucy Garcia
Start Date	November 18	November 18	November 18	November 18	November 7	November 14
Location	Pool Complex	N/S Gyms	N/S Gyms	Mat Rooms	North Café	South Café

### Team Schedules for First Week of Practice **\*\*SUBJECT TO CHANGE!!!\*\***

Monday, 11/18	Tuesday, 11/19	Wednesday, 11/20	Thursday, 11/21	Friday, 11/22
2:45-5:00 Swimming Pool-Varsity	2:45-5 Swimming Pool-All Levels	2:45-5 Swimming Pool-All Levels	2:45-5 Swimming Pool-All Levels	2:45-5 Swimming Pool-All Levels
3:10- Wrestling Room	3:10- Wrestling Room	3:10- Wrestling Room	2:50-5 Girls TBD	2:45-5 Girls- TBD
<i>Girls bxb Try outs</i>	<i>Girls bxb Try outs</i>	<i>Girls bxb Try outs</i>	3:10- Wrestling Room	<i>2:45-5 Boys bxb 9th South</i>
2:50-5 Girls- North	2:50-5 Girls- North	2:50-5 Girls- North	<i>2:45-5 Boys bxb 9th South</i>	3:10- Wrestling Room
<i>Boys bxb Try outs</i>	<i>Boys bxb Try outs</i>	<i>Boys bxb Try outs</i>	5-7 Boys bxb 10-12 North	5-7 Boys North 10-12
<i>2:45-5 Boys bxb 9th South</i>	<i>2:45-5 Boys bxb 9th South</i>	<i>2:45-5 Boys bxb 9th South</i>		
5-7 Boys bxs North-10-12	5-7 Boys bxs North 10-12	5-7 Boys bxs North-All grades		
Cheer tryouts North Cafe	Cheer tryouts North Cafe	<b>TAMS tryouts South Café</b>		
5:00-8:00 <b>NOV 7th</b>	5:00-8:00 <b>NOV 8th</b>	<b>3-6 pm - 1 day only Nov 14th - Practice TBA</b>		

To find team schedules go to: <https://daviddouglas.bigteams.com/>

Email: [eric\\_stauffer@ddsd40.org](mailto:eric_stauffer@ddsd40.org) or [stephanie\\_matthews@ddsd40.org](mailto:stephanie_matthews@ddsd40.org)