

# Athletics



La Salle offers a full complement of sports and co-curricular activities and I strongly encourage you to consider joining a team during your high school career. High school athletes gain invaluable educational experiences that complement many others received in the classroom. Participation in sports serves as a means for supporting one's physical fitness, academic enrichment, social and emotional growth, and development of character and leadership traits.

La Salle is a member of the 5A-Northwest Oregon Conference for activities and athletics as well as a member of the Oregon School Activities Association (OSAA). For many of our team sports, we have three levels of participation: Varsity, Junior Varsity, and Freshmen. In some cases, our third level team includes sophomores and is named JV2. In addition to the OSAA sports and activities listed below, you may be able to compete in competitive clubs (in italics) sponsored by separate organizations. The number of team levels we offer within each program are determined by participation numbers.

FALL		WINTER		SPRING	
<b>Cross Country</b> (co-ed)	V - JV	Basketball - Boys	V - JV - FR	Baseball - Boys	V - JV - FR
<b>Football</b> (co-ed)	V - JV	Basketball - Girls	V - JV	<b>Golf Boys &amp; Girls</b>	V - JV
Soccer - Boys	V - JV - FR	Cheer*	V	Softball - Girls	V - JV
Soccer - Girls	V - JV	Dance*	V	Speech & Debate^ (co-ed)	
Volleyball - Girls	V - JV - FR	<b>Swimming</b> (co-ed)	V - JV	Tennis - Boys & Girls	V - JV
		<i>Alpine Ski (co-ed)</i>		<b>Track &amp; Field</b> (co-ed)	V - JV
		<i>Equestrian (co-ed)</i>			
		<i>Snowboard (co-ed)</i>			

Sports in **bold** do not have cuts

\* Tryouts occur prior to the start of the fall season, typically in early summer

^ Begin in winter and end in spring

Dance may be added for the 2023-2024 school year, depending on student interest



## Student-Athletes Registration & Clearance

All students must be registered online to be cleared for participation on the **first tryout date** of each sport season. The registration process consists of two parts with necessary links and forms on our website.

1) **Physical exams** are required by the state of Oregon for all high school athletes and they remain valid for two years from the date of the examination. This form must be signed and stamped by the physician and a parent/guardian. Ideally, appointments are scheduled in the months of June and July. This will allow for students to be eligible on time for the start of fall sports and remain eligible for two complete years of high school. All incoming freshmen and transfers must submit these documents prior to the registration deadline.

2) **La Salle forms** are to be reviewed and signed online by the student and a parent/guardian by the registration and clearance deadline. Forms include: Student-Athlete Handbook Acknowledgement & Acceptance, Transportation Authorization, Concussion – Private School Informed Consent, and Sports Selection

### Important Registration & Clearance Dates

SEASON	Registration & Clearance Deadlines!	Official Tryout/Practice Start Dates	First date contests may begin
Fall	July 31-August 9	August 14	August 24
Winter	November 8	November 13	November 29
Spring	February 21	February 26	March 11

*The 2023-2024 OSAA Athletic & Activity Calendar can be found at [www.OSAA.org](http://www.OSAA.org)*

## Summer Camps and Activities

The athletic department will offer summer strength and conditioning workouts and many teams will have camps and/or separate activities including practices, competitions, social outings, and training sessions. Please visit our website for information regarding how to sign up for camps and how to participate in summer activities.

The first official date when incoming 9th graders can participate with 10th – 12th graders is May 30. Participation at La Salle by 9th graders with coaches in workouts and training sessions can take place prior to May 30, however, these workouts can only include 9th graders.

## OSAA Moratorium Week July 23 - 29 2023

OSAA policy states there shall be no high school athletic facility usage or sports contact between administrators, coaches, directors, advisors, and students in any OSAA-sanctioned sport or activity. This is an excellent time for families to vacation.

## New Student-Athlete & Parent Orientation

The athletic department will host an orientation/information session for all new student-athletes and parents on Monday, May 24 at 6 pm in the Saalfeld Athletic Center. The purpose of this event will be to welcome new students and families to the athletic program, share our core values, meet classmates, upper-class students, and coaches, and learn about our athletic program in greater detail. Look for more information soon regarding this great opportunity.