



# *Welcome To Sequim High School Athletics and Activities!*



“Home of the WOLVES”

## **We offer sports in three seasons:**

**FALL ~** Football, Volleyball, Boy’s Tennis, Cross Country,  
Girl’s Soccer, Girl’s Swimming/Diving, Cheerleading

**WINTER ~** Boy’s Basketball, Girl’s Basketball, Girl’s Bowling,  
Boy’s Swimming/Diving, Wrestling, Cheerleading

**SPRING ~** Baseball, Fastpitch, Boy’s Soccer, Girl’s Tennis,  
Boy’s Golf, Girl’s Golf, Track

## **WHAT YOU WILL NEED:**

**Forms:** Athletic packets are located in the main office. All forms must be returned to the main office for clearance before participation. (See Yellow Card)

**Fees:** All participants must purchase an ASB Card (\$25) and pay a towel fee (\$2.50) except for swimming and bowling

**Physical:** A current sports physical is required. Physicals are good for 13 months. Middle School physicals **ARE NOT** valid for high school sports.

**Extra-Curricular Form:** Please read and sign on **ALL** appropriate parent and student signature lines. It is only necessary to fill out **ONE** of these forms per school year. This form is good for all athletics, band and extra-curricular clubs.

**White Card:** Please complete all information including physician and emergency contact and sign the **BACK** of the card. Students may need one or more cards during the school year depending on how many sports or activities they participate in. **EACH** coach or advisor will need a white and yellow card.

**Yellow Card:** When students have turned in **ALL** forms for sports and/or activities and paid all fees and cleared all fines they will be issued a yellow clearance card. The coaches or advisors will need your white and yellow card before participation.