

Hello 8th Grade Families,

We will soon be welcoming you to Molalla High School as your son or daughter starts their freshman year. I imagine you are excited and nervous!. To help with this transition I highly recommend the following opportunities. Many are free, some have a fee. Student-athletes that are currently 8th graders essentially have the opportunity to begin high school athletics starting May 28th (and throughout the summer) along with all of the other current high school student-athletes. Please pay special attention to these opportunities listed below because they are just around the corner (and some are going on right now!). Those student that take advantage of these opportunities will not only be better prepared for high school athletics come this fall, but will also be more confident, would have made new friends, have created relationships with the coaches. Please don't miss out. Have your son and/daughter sign up for these opportunities!

- 1. If you are an incoming 10th-12th graders, you must have a current official OSAA physical form on file with the athletic office or attached to your Family ID account. If you are an incoming 9th graders, you must have a physical on file. It can be on the OSAA form or it could be one he/she has had within the last two years while participating in a different sport. All participants, including incoming 9th graders, must have a physical on the OSAA form by August 16th in order to participate in the first day of practice/try-outs on August 19th.

- 2. Physicals -- Basketball, Wrestling, Football and Soccer are only good for one year. All other sports physicals last 2 years.

- 3. The fees vary from camp to camp.

- 4. The grade allowed will be according to the year the athlete will be in next year 2019-2020 school year.

Coaches: Contact them if you have sport specific questions. Visit the high school website for a list or email debbie.freshour@molallariv.k12.or.us with questions.

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- - Open Weights for any Sport**
June 8, 2019 to August 8, 2019

\$0.00

Monday-Wednesday-Thursday 5pm-7pm
9th - 12th grade based on 2019-2020 school year

- - Boys Basketball Camp & Summer Games**
May 28, 2019 to May 31, 2019

\$80.00

Monday/Wednesday 3:30-5:30 Tuesday/Thursday 5:30-7:30
9th - 12th grade based on next year 2019-2020 school year. Practice Jersey and Summer Ball Games included (June Weekends) Head Coach: Scott Campbell, campbellscott1967@gmail.com

- - Girls Basketball Camp & Summer Games**
May 28, 2019 to May 31, 2019

\$80.00

INCLUDES SUMMER GAMES --Tuesday & Thursday 3:30-5:30 Wednesday 5:30-7:30
9th - 12th grade based on next 2019-2020 school year. T-shirts and summer ball games included (June weekends)
phil.wiesner@molallariv.k12.or.us

- - Wrestling Camp for Boys and Girls**
July 7, 2019 to July 13, 2019

\$400.00

Go to <https://sites.google.com/view/team-molalla-camp/home> to officially register. 3 pm Sunday to 1 pm Saturday... Register before June 8th to avoid a late fee. Grades 5th through 12th girls and boys based on next years 2019-20 school year... \$225 for commuter and \$400 for overnight.

nathan.smyth@molallariv.k12.or.us

- **Spring Football Camp**
June 3, 2019 to June 6, 2019
Monday-Thursday 3:30-5:30
T-shirt included ---- 9th grade through 12th based on next year 2019-20
\$10.00
- **Football Tackling Camp**
July 17, 2019 to July 17, 2019
Free - More info to come - Tentative date
\$0.00
- **Cascade Football Camp**
July 21, 2019 to July 25, 2019
2019-20 grades 10th - 12th
\$50.00
- **Football Camp**
August 12, 2019 to August 15, 2019
T-shirt and Shorts Included 5:00 - 7:30 pm 2019-2020 9th -12th grade
\$40.00
- **Cross Country Camp**
July 22, 2019 to July 26, 2019
Monday noon through Friday noon 2019-20 Grades 9th - 12th
overnight camp Food/Lodging/Transportation
sheron.farner@molallariv.k12.or.us
\$150.00
- **Soccer Kickarounds**
July 5, 2019 to August 8, 2019
Monday-Wednesday Afternoons Tuesday-Thursday Evenings - 2019-2020
grades 9th - 12th
Times TBA nina.wegner@molallariv.k12.or.us
\$0.00
- **Girls & Boys Soccer Conditioning Camp**
August 12, 2019 to August 15, 2019
\$25.00

Monday through Thursday 9 to 10:30--- Grades 8 - 12th. 2019-2020 school year



Volleyball Camp

August 12, 2019 to August 15, 2019

\$35.00

2019-2020 Grades 7th - 9th 9 AM -11:00 AM t-shirt included



Tennis Camp 9th grade girls and boys

June 24, 2019 to June 27, 2019

\$40.00

2019-2020 Grades 5th - 9th from 10:15-11:30 Cost is \$40 for one or \$60 for two or more. Courts are next to the football field. If you have any questions, call Mike Clarke at 503.816.0460

Please go to <https://www.familyid.com/programs/camps-high-school-camps> to find out more information and to register for the these programs. We look forward to a great 4-years with your student-athletes.

If you have any questions please contact the via email or phone directly, Deb Freshour, the MHS Athletic Secretary (debbie.freshour@molallariv.k12.or.us or 503-759-7305), or Todd Moore, the MHS Athletic Director (todd.moore@molallariv.k12.or.us or 503-759-7306).