



## STANWOOD HIGH SCHOOL

Christine Del Pozo, Principal  
Carolyn Coombs, Assistant Principal/Activities Director  
Tom Wilfong, Assistant Principal/Athletic Director  
Ross Short, Career/Tech Ed Director  
Denise Eichler, Dean of Students

From: Tom Wilfong, Athletic Director  
RE: SHS Athletics

Welcome to *Stanwood High School Athletics*! We are looking forward to your student-athlete joining our program. Here is some information to help you prepare:

### ***Fall Sports***

Cheer  
Cross Country  
Football  
Girls Soccer  
Girls Swim  
Boys Tennis  
Volleyball

### ***Winter Sports***

Boys Basketball  
Girls Basketball  
Cheer  
Boys Swim  
Boys Wrestling  
Girls Wrestling

### ***Spring Sports***

Baseball  
Boys Golf  
Girls Golf  
Boys Soccer  
Softball  
Girls Tennis  
Track & Field

Fall sports tryouts are scheduled to begin on Monday, August 22<sup>nd</sup>, and football on Aug 17<sup>th</sup>. To be eligible to participate, student-athletes must **complete the online registration packet** and **submit a current sports physical** to the Athletic office. Please make sure that you have your parent/guardian Family Access username and password, so that you can successfully login. Detailed instructions for signing up online can be found on our Athletics webpage. \* *Incoming freshmen are not able to signup online until the end of July!*

All student-athletes are required to maintain passing grades with a 2.0 or better. We will perform an initial check of 2<sup>nd</sup> semester grades (from middle school) for incoming freshmen. Students who did not pass all their classes, with at least a 2.0 GPA, will be placed on academic probation and will be subject to weekly grade checks to determine eligibility for competition.

Athletes are required to pay a \$100 participation fee and purchase a \$40 ASB card. Fees will be collected starting August 26 and must be paid before the first competition. If your student qualifies for fee waivers, please connect with the Athletic office for additional documentation.

Please use our website as a resource, and then contact our Athletic Department with any questions, (360) 629-1322. The office will re-open after summer break on Wednesday, August 10<sup>th</sup>.

**We ask that you submit all Fall Sports sign-ups by Monday, August 15<sup>th</sup>.**

Have a great summer and Go Spartans!

## HOME SCHOOL STUDENTS



Please follow these steps to get signed up and ready for sports at SHS!

### STEP 1:

Submit 2 forms to our District Office

<https://www.stanwood.wednet.edu/cms/One.aspx?portalId=588521&pageId=961977>

1. Homeschool Intent
2. Ancillary Service Request

Contact: Ronalee Olson ([rolson@stanwood.wednet.edu](mailto:rolson@stanwood.wednet.edu) / 360-629-1200)

Location: 26920 Pioneer Highway, Stanwood WA.

Summer office hours: Mon – Thurs, 8am-4pm

### STEP 2:

After that paperwork has been processed, please contact Ms. Herigstad at SHS. She will assist with setting up your Family Access account.

Contact: Grace Renee Herigstad ([gherigstad@stanwood.wednet.edu](mailto:gherigstad@stanwood.wednet.edu))

Location: 7400 272<sup>nd</sup> Street NW, Stanwood WA

### STEP 3:

Log into Family Access, and then click Athletic Participation Packet under “Online Forms”.

[https://www.stanwood.wednet.edu/families\\_students/skyward\\_family\\_access](https://www.stanwood.wednet.edu/families_students/skyward_family_access)

You can follow step-by-step instructions on our webpage; be sure to select a sport in step #10 and also submit your current Sports Physical to the Athletic Office.

### STEP 4:

Please complete the WIAA’s “Home-Based Education School Contract” found on their site:

<https://wiaa.com/subcontent.aspx?SecID=1222>

Submit to the Athletic Office at SHS.

### STEP 5:

Please send your student’s last transcribed grades to the Athletic Office for our preseason grade check. We also do a mid-season check approximately 5 weeks into the season, and we will ask you to submit their current grades again at that time.

## ONLINE RESOURCES & HELPFUL WEB LINKS:



Stanwood High School <https://shs.stanwood.wednet.edu/>  
SHS Athletics Webpage <https://shs.stanwood.wednet.edu/athletics>  
Sport Signup Information  
[https://shs.stanwood.wednet.edu/athletics/sport\\_sign\\_up\\_info](https://shs.stanwood.wednet.edu/athletics/sport_sign_up_info)

Skyward / Family Access:  
[https://www.stanwood.wednet.edu/families\\_students/skyward\\_family\\_access](https://www.stanwood.wednet.edu/families_students/skyward_family_access)

Stanwood AAAA Booster Club <https://stanwoodboosters.weebly.com/>

WESCO Athletics <http://www.wescoathletics.com/?pid=1.3.32.0.300>  
Game Schedules (Arbiter) <https://www.arbiterlive.com/Teams?entityId=22461>  
WIAA <https://wiaa.com/default.aspx>

### ***SHS Sports by Season & Coaches Contact Information:***

Fall Sports	<a href="https://shs.stanwood.wednet.edu/athletics/fall_sports">https://shs.stanwood.wednet.edu/athletics/fall_sports</a>
JV Cheer	Coach Morgen ten Hoopen <a href="mailto:mtenhoopen@stanwood.wednet.edu">mtenhoopen@stanwood.wednet.edu</a> <small>* Varsity Cheer requires a tryout; freshmen are not eligible.</small>
Cross Country	Coach Mike Evans <a href="mailto:mevans@stanwood.wednet.edu">mevans@stanwood.wednet.edu</a>
Football	Coach Jeff Scoma <a href="mailto:jscoma@stanwood.wednet.edu">jscoma@stanwood.wednet.edu</a>
Girls Soccer	Coach Lori Stunz <a href="mailto:lstunz@stanwood.wednet.edu">lstunz@stanwood.wednet.edu</a>
Girls Swim	Coach Rita Peterson <a href="mailto:rpeterson@stanwood.wednet.edu">rpeterson@stanwood.wednet.edu</a>
Boys Tennis	Coach Ryan Ingram <a href="mailto:ringram@stanwood.wednet.edu">ringram@stanwood.wednet.edu</a>
Volleyball	Coach Megan Amundson <a href="mailto:mamundson@stanwood.wednet.edu">mamundson@stanwood.wednet.edu</a>

Winter Sports [https://shs.stanwood.wednet.edu/athletics/winter\\_sports](https://shs.stanwood.wednet.edu/athletics/winter_sports)

Spring Sports [https://shs.stanwood.wednet.edu/athletics/spring\\_sports](https://shs.stanwood.wednet.edu/athletics/spring_sports)

### ***Spartans on Social Media: @go\_shsspartans***

Facebook <https://www.facebook.com/goshsspartans>

Instagram [https://www.instagram.com/go\\_shsspartans/](https://www.instagram.com/go_shsspartans/)

Twitter [https://twitter.com/go\\_shsspartans](https://twitter.com/go_shsspartans)

## **SHS ATHLETIC DEPARTMENT**

Phone: (360) 629 - 1322

Tom Wilfong Athletic Director / Assistant Principal

Lauren Amundson Athletic Secretary ([lamundson@stanwood.wednet.edu](mailto:lamundson@stanwood.wednet.edu))