

Dear Parents,

Welcome to Redmond Jr. High School athletics. Lake Washington School District has a no-cut policy in the Jr. High programs that allow your athlete to play at the level they are capable and enjoy the sport they are playing.

We have four seasons with options for boys and girls in each season:

1st: Girls Badminton, 7<sup>th</sup> Boys Basketball, 8<sup>th</sup> & 9<sup>th</sup> Football, Softball and Boys Tennis (Sept-Nov)

2nd: 8<sup>th</sup> & 9<sup>th</sup> Boys Basketball and 7<sup>th</sup>, 8<sup>th</sup>, & 9<sup>th</sup> Girls Basketball (Nov-Jan)

3rd: Girls Volleyball and Wrestling (Feb-Mar)

4th: Baseball, Girls Tennis, Boys & Girls Track and 7<sup>th</sup> Girls Volleyball (April-June)

If your child is interested in participating in RJHS athletics this year, there are a few things you will need to do to clear them for their sport. For your convenience, we have copies of the documents needed to participate in athletics. These are located either on our website for you to print or you can pick up copies at the school athletic office. You can pick up these documents whenever the school office is open. These are done once a year. You do not need to do them for every athletic season.

**Required Documents:**

- Interscholastic Athletics Registration (sports physical exam clearance form)
- Athletics Emergency Information
- Read Athletic Policy & Complete Final Page (includes drug, alcohol and tobacco agreement)
- Read and sign the Concussion Information Sheet

**Required for Eligibility:**

- Purchase an ASB card (\$20.00)
- Pay the Athletic Participation Fee (\$105.00 per sport/cap \$210.00—additional siblings at RJHS capped at \$105.00 which is a RJH family cap of \$315.00) Fees are paid for the current season only.

*\*These fees are non-refundable with exceptions for quitting due to illness, injury or a move prior to the first competition. A refund must be requested prior to the end of the related season. Quitting due to placement on team levels (varsity, junior varsity, etc) does not warrant a refund.*

- Maintain a passing grade in all current subjects and have at least a 2.0 GPA
- Pay all fines and return all school borrowed supplies or supplied equipment

These documents need to be turned in and fees paid at the athletic office prior to the first practice. Please note there are required minimum practices before an athlete can participate in an athletic contest. For more information, please read our athletic policy located on the RJH website under Athletics or pick one up at the school during hours.

Should you have questions, please contact our athletic office by phone or e-mail. The athletic secretary is Sharon Wolf.

Sincerely,  
Julie Lynd  
Athletic Director  
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[JLynd@lwsd.org](mailto:JLynd@lwsd.org)