



Hello Firebird Families,

I hope you are all enjoying the 2020-21 school year!

I am hopeful that we are able to begin our athletics programs as currently scheduled. We still do not have a final directive from CIF, but we need to take the necessary steps to ensure that, if sports start as scheduled, we are ready.

On July 20 we learned that CIF realigned the sports calendar for the 2020-21 school year and condensed the typical three-season schedule into a two-season schedule.

The [2020-21 CIF Calendar](#) has scheduled sports to compete in the following 2 seasons:

- **Winter Sports:** Cross Country, Indoor Volleyball, Water Polo, \*Ice Hockey, \*Surf
- **Spring Sports:** Baseball, Basketball, Golf, Lacrosse, Soccer, Tennis, Track & Field, \*Surf \*Beach Volleyball

\*Beach Volleyball, Ice Hockey and Surf are not CIF sports but will follow a similar schedule if CIF sports are cleared to resume, and the leagues that these sports operate in are up and running.

All Upper School students will soon receive a link to an athletic interest survey for both the winter and spring seasons. Please encourage your child to fill out the survey as we will use the data collected to formulate initial rosters, communicate with interested athletes and families, and best prepare for the upcoming seasons.

The links below can be used to view coaches and contact information, season start dates, and post-season dates for each upper school sport.

[WINTER SPORTS 2020-2021](#)

[SPRING SPORTS 2020-2021](#)

In addition to reviewing the links above, please read the following important information:

**Health Forms:** The first step in making sure we are ready for the sports seasons is to make sure all student health forms are complete and updated, and all athletics forms and waivers are signed in the Magnus Health portal. All student-athletes must complete forms on Magnus before they are allowed to begin practicing or playing. Use this link for a quick reminder about [Logging into Magnus Health](#).

**Sports Clearance Cards:** This year we will not use clearance cards as we have in the past. We will track student clearance internally and communicate directly with the coaching staff. We will look through student-athlete files in Magnus starting December 1, and will communicate with families by December 4 if the student-athlete has not been cleared. If you have any questions about the clearance process please, contact Ms. Wiedemeier. Her email is [jwiedemeier@pacificridge.org](mailto:jwiedemeier@pacificridge.org).

**Strength and Conditioning:** We are currently offering Strength and Conditioning after school for 11th

and 12th grade students and during PE for 9th and 10th grade students. This program is highly recommended for all students planning on participating in athletics this school year. Please reach out to Coach Wheel directly for information [cwheel@pacificridge.org](mailto:cwheel@pacificridge.org).

**Upper School PE and IPE** (Independent Physical Education) for freshmen and sophomores will begin the first day of the second trimester, November 13. All freshmen and sophomores with a designated PE period must report to the gym or Zoom for their first class meeting of the new trimester on either November 13 or November 16.

Student-athletes participating on Upper School teams receive PE credit and a free period during their designated PE period. When we know for certain that sports are going to start as scheduled, we will communicate that students on team rosters can utilize the free period when their season starts. Until then, students will need to attend their scheduled PE class.

**Independent Physical Education (IPE):** Students interested in IPE need to complete the [IPE application](#) and turn it into Coach Neptune at [ineptune@pacificridge.org](mailto:ineptune@pacificridge.org). Students who are planning on taking IPE, or who have applied but have not yet been approved, must report to PE during their scheduled PE period; once approved they will have a free period. The application deadline for the second trimester is Friday, November 20. Applications turned in after the posted deadline will not be considered for approval. If you are currently enrolled in IPE and plan to continue for the second trimester, be sure to contact Coach Neptune.

As I mentioned in the beginning of this letter, we are still unclear as to how our seasons will take shape. Please make an effort to get the student-athlete clearance process taken care of so when we are cleared to begin athletics, we will be ready.

All of the season start dates in the links above are subject to change, I will be in contact as soon as I have further information.

Please feel free to contact me with any questions at [dcollins@pacificridge.org](mailto:dcollins@pacificridge.org).

Thank you, and *Go Firebirds!*

Don Collins  
Director of Athletics