



# Fall Sports

AT LINCOLN MIDDLE SCHOOL

**Football\*** AUG. 10 - OCT. 13  
(7th & 8th Grades Only)

**Boys & Girls Tennis\*** AUG. 12 - OCT. 7  
(6th, 7th & 8th Grades)

**Girls Volleyball\*** AUG. 12 - OCT. 14  
(7th & 8th Grades Only)

**Cross Country** AUG. 18 - OCT. 8  
(Boys & Girls) (6th, 7th & 8th Grades)

**Boys Soccer\*** AUG. 12 - OCT. 15  
(7th & 8th Grades Only)

(\* cut sport)

## **Step 1:**

complete the online registration  
(The district will be using a new platform, and it will be available mid-July)

## **Step 2:**

get a physical signed by a doctor (if you already have one, make sure it does not expire soon)

## **Step 3:**

turn in EVERYTHING to Ms. Breck at the front office

## **Step 4:**

get an orange card and turn it into your coach (you MUST have an orange card to practice and compete)

Ms. Breck will be back at Lincoln at the beginning of August, and will be able to answer questions then. [bberglund@psdschools.org](mailto:bberglund@psdschools.org)



# Deportes de Otoño

EN LA ESCUELA SECUNDARIA  
LINCOLN

**Fútbol Americano\*** AUG. 10 - OCT. 13  
(Solo 7° y 8° Grados)

**Tenis de Niños y Niñas\*** AUG. 12 - OCT. 7  
(6°, 7° y 8° Grados)

**Voleibol de Niñas\*** AUG. 12 - OCT. 14  
(Solo 7° y 8° Grados)

**Campo a Través**  
(Niños y Niñas) AUG. 18 - OCT. 8  
(6°, 7° y 8° Grados)

**Fútbol para Niños\*** AUG. 12 - OCT. 15  
(Solo 7° y 8° Grados)

(\*cortar deporte)

complete el paquete de registro

**Paso 1:** (El distrito utilizará una nueva plataforma, que estará disponible a mediados de julio)

**Paso 2:** haga que un examen físico médico (si ya tiene uno, asegúrese de que no caduque a mitad de temporada)

**Paso 3:** entregue TODO a la Srita. Breck en la oficina principal

**Paso 4:** consiga una tarjeta naranja y entrégala a su entrenador  
(DEBES tener una tarjeta naranja para practicar y competir)

La Sra. Breck regresará a Lincoln a principios de agosto y podrá responder preguntas entonces. [bberglund@psdschools.org](mailto:bberglund@psdschools.org)