



PHS Winter Sports 2025-26



Orange Card “Permit to Tryout & Participate” cards will be issued for the winter season starting Monday October 20th. Monday through Friday 8:00am–4:00pm at Cindy Smith’s desk in the front office. **You must have an orange card to start tryouts.**

To receive an **Orange Card**

1. Bring a paper copy of your current physical (if you don’t have a current one on file in the Athletic office) **Make sure it is signed by a parent/guardian and athlete**
2. Complete the online registration through Sports Engine at www.psdathletics.org
 - a. Hover over High School
 - b. Click on HS Online Registration
 - c. Click on the blue box: Register Poudre High School on the right-hand side
 - d. Scroll to the bottom of the page, click sign in or create an account
 - e. When you have completed the form, it will say “WOOHOO! YOUR’RE ALL SET”
3. Payment on www.schoolpay.com (there will be a credit card fee) or pay the cashier at Poudre.
4. Check in with Cindy Smith so she can check your grades and classes.

ALL 4 Steps are required to receive an Orange Card. You will not be allowed to tryout or participate if all 4 steps are not completed.

Winter Online Registration opens October 20th and closes 12/5/25.
Please do not wait until the last minute to complete the 4 steps above.

Athletic Participation Fee

PHS Students

\$220.00 per sport no family max

Charter/ Home or Private School Students

\$320.00 per sport no family max

If a student athlete is not offered a spot on a team, the athletic fee will be reimbursed in full. Students who meet federal guidelines for the free or reduced lunch program will have the participation fee waived; you will still have to go through the payment process online.

Eligibility

Eligibility will be checked at the beginning of each season. Eligibility is determined based on previous semester grades earned. Athletes identified as failing two or more classes during the previous semester will be ineligible for sports until the regain date. All sports have different regain dates.

PHS checks athletic eligibility on a weekly basis. Athletes identified as failing two or more classes will be declared ineligible and will lose one week of eligibility, beginning on the following Monday through Saturday.

For any questions with regards to eligibility, contact Cindy Smith cindys@psdschools.org

Communication

You can check for sport schedules and updates at www.frontrangeleague.org and select Poudre. Follow us on Instagram: @runcacherun

We use social media for many updates and celebrations so please follow us!

Boys Wrestling

Coach Barrett Golyer 488-6047, C: 970-217-8425 bgolyer@psdschools.org

- **Mandatory Parent Meetings (and 1st year Poudre wrestlers) October 14th OR October 21st (choose one) 6:00-6:45pm PHS Events Center**
- Pre-Season Open Mats Thursday & Friday 4:30–6:00pm
- First Official Day: November 17th 4:30-6:15pm (MUST have orange card to participate)
- Tryout dates and times: Blue and Silver “Wrestle-Offs” November 25 6:00pm Main Gym
- Booster Meeting for parent support 10/7/25 at LaPorte Pizza 6:30-7:15pm

Girls Wrestling

Coach Desiree Kendall 970-817-0157 dkendall@psdschools.org

Coach Joshua Beck 970-566-2122 joshuab@psdschools.org

- **Mandatory Parent Meeting October 15th, 6:00–7:30pm PHS Events Center**
- Preseason Open Mats: Thursdays & Fridays 4:30 – 6:00pm
- Preseason Camp/Tryouts: November 10th – 14th, 4:45 – 6:30pm
- First Official Day: November 17th 6:00–8:00 pm
- No experience required! Come try out an amazing sport! Do not hesitate to reach out with any questions

Boys Basketball

Coach Jeff Brubaker jebrubak@psdschools.org

- Pre-Season Open Gym: Mondays and Wednesdays 6:00 -8:30pm Happening Now
 - Open Gym on 10/21 4:30-6:30pm (No school on 10/20)
- Team Camp November 3rd-6th 6:40-8:40pm
November 10th-13th 4:30 -6:30pm
- Tryouts: November 17th-19th 6:40-8:40pm
- **Parent Meeting: November 20th 5:30-6:30pm in the Event Center**
- First Official Day: November 17th
- Everyone is welcome and encouraged to attend!

Girls Basketball

Coach Jeff Schelly jschelly@psdschools.org

- Pre-Season Team Camp:
 - November 3rd-6th 4:30-6:30pm
 - November 10th-13th 6:30-8:30pm
- Tryouts: November 17th-19th 4:30-6:30pm
- First Official Day: November 17th.
- **Parent Meeting: November 20th 6:45-7:45pm in the Event Center**

Please send Coach Schelly an email to be added to our TeamSnap. Anyone is encouraged and welcome to attend.

Nordic Skiing

Coach: TBA

Website <https://psdnordicski.weebly.com/>

Parent Meeting: November 10th 6:30-7:30pm Event Center

First Official Day: November 17th

For more questions, please email Sarah Fonte sarahcfonte@gmail.com

Girls Swimming

Coach: Sandy Hicks shicks@psdschools.org

Parent Meeting: October 30th 6:00-7:00pm in the Event Center

Pre-season weights and conditioning training Oct 27th through Nov 14th M/W/F 7:45am

First Official Day: November 17th at Mulberry Pool Time-TBA

Girls Dive-Housed at Wellington Middle-High School

Coach: Luke Richmond lrichmond@psdschools.org

Pre-season camp is M/Th/F from 5:00p-6:30p and is free of charge. Complete a registration form and daily RSVPs for the practices you will attend. You can register

at <https://www.norcodiving.com/program/25679> and use the promo code PSD2025/26

Practices are held primarily at two locations.

- The AM practices (MWF) are strength and conditioning practices and are held at CrossFit DNR from 7:30-8:30am.
- The PM practices usually run from 4:30p-6:00p. However, that is our window of time, and since I coach all the schools in PSD, which also includes a wide variety of ability levels, that window of time may be broken up depending upon the time of year.

First Official Day: November 17th

Ice Hockey-Housed at Fort Collins High School

Coach: Riley Nelson riley@psdschools.org

You will still complete all your steps at Poudre High School

First Official Day: November 10th

More hockey information <https://fch.psdschools.org/hockey>

Unified Basketball

Coach: Wendi Miller 970-488-6204 wendim@psdschools.org

Unified Basketball Will start in January, and more information will be shared as we get closer Juniors and Seniors only as Partners

Cindy Smith
Poudre High School Athletic Assistant
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