

Poudre High School Spring Sports

2026



Orange Card “Permit to Tryout & Participate” cards will be issued for the Spring season starting February 26th Monday through Friday 8:00am–4:00pm at the Athletics office.

You must have an orange card to start tryouts and practice.

To receive an **Orange Card**

1. Bring a paper copy of your current physical (if you don't already 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 is a credit card fee) or pay the cashier at Poudre.
4. **Check in with Cindy Smith so she can check your grades and classes for Eligibility.**

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

Spring Online Registration opens February 26th and closes March 13th. Please do not wait until the last minute to complete the four 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 still have to complete 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!

Baseball

Coach Joe Fontana

Pre-Season camps/workouts: Winter Baseball work is going on right now.

If a player wants to join now, we will welcome them! Contact Joe Fontana

Mandatory Parent Meeting: February 26th, 6:30-8:00pm in the Event Center

Tryout dates: February 23rd - 24th - 25th, 4:30-6:30pm

First official day of practice: February 23rd, 4:30-6:30pm

Practice Monday through Friday, 4:30-6:30pm

For more information contact Coach Fontana: 970-566-3766, coachfontana@gmail.com

Girls Golf - Hosted by Rocky Mountain High School

Coach Kris Albrecht: kalbrecht@psdschools.org

First official day of practice February 23rd

More information to come

Boys Lacrosse - Hosted by Timnath High School

Coach Patrick Sullivan: csulax24@gmail.com

First official day of practice: February 23rd

For more information, contact Andrew Allsup or fill out the player interest form
andrewallsup@gmail.com



Girls Lacrosse - Hosted by Rocky Mountain High School

Coach Libby Swanson

Pre-Season Skills Camp: Tuesday and Thursday (2/3 - 2/19) from 6:30-8:30pm at RMHS.

Parent Information Meeting: February 27th, 6:00pm at Rocky (Time and location subject to change)

We will hold tryout camp for two weeks in February:

Tuesday and Thursday (2/3 - 2/19) from 6:30-8:30pm. RMHS Gym.

Tryouts: French Field 6:30-8:30pm February 23rd, 24th, 25th at RMHS

Equipment needed: Stick, eyewear, mouthguard, indoor athletic shoes, water bottle.

Need to borrow a stick or eyewear? Email Coach Libby

These practices are HIGHLY recommended if you plan on trying out for the Spring Season!!!

Please join our TeamSnap for more information about preseason practices and upcoming events. To join, email Coach Libby and you'll receive an invite email to join.

Practices: Kinard Middle School 4:45-6:45pm Monday through Friday (Time and location subject to change)

Additional Team Fees: \$100 Booster

For more information contact Coach Libby: libbyraeswanson@gmail.com or elswanson@psdschools.org

Girls Soccer

Coach Kirstin Mortensen

Pre-season training: currently on Tuesdays-Wednesdays-Thursdays, 4:30-6:00pm on the turf

*Bring cleats, sneakers to run/lift weights in, shin guards, layers and water bottle

Parent Meeting: February 27th, 6:30-7:30pm in the Event Center

Tryouts February 23rd - 24th - 25th, 4:30-6:30pm

Practice: Monday through Friday, 4:30-6:30pm

Scrimmage: February 28th, time TBA

First game: March 3rd, away against Monarch

For more information contact Coach Mort: 208-720-9983, kcutler@psdschools.org

Unified Soccer

Coach Zach Bennett: zbennett@psdschools.org

More information to come

Girls Tennis

Coach Laura Ecton

Preseason meeting during lunch February 4th, 12:30-1:30pm in room 303/Pub Lab

No Preseason Camp at this time

First Official Day of Practice: February 23rd, 4:30–6:00pm at PHS

For More Information Contact Coach Ecton: lecton@psdschools.org

Boys Swimming

Coach TBA

Parent Meeting: TBA

First Official day of Practice: February 16th

More information to come

Track & Field-Coed

Coach Jeramie Thomas

Pre-Season Track: currently on Mondays & Wednesdays, 4:30-5:30pm - Meet on the track.

Parent Meeting: February 23rd, 6:00pm on the track

First Official Day of Practice: February 23rd

Practice: Monday through Friday, 4:30–6:00pm

For more Information contact Coach Thomas: 970-556-4942 or iamlarry@live.com

Boys Volleyball

Coach Matt Duran

Parent and player meeting: February 23rd, 7:00pm in the Main Gym.

Tryout Dates:

February 17th, 4:30-6:30pm, PHS small gym

February 18th, 8:30-10:00pm, PHS main gym

February 19th, 4:30-6:30pm, PHS main gym

First day of practice: Friday, February 20th, 4:45-6:45pm at Poudre

Practices will be Monday through Friday, 4:45-6:45pm at Poudre

For more information contact Coach Duran: matthewd@psdschools.org

GO POUDRE!

Cindy Smith

Poudre High School Athletic Assistant

(970)488-6014 / cindys@psdschools.org