

# Rainier High School Fall Athletics

Fall Sports are starting soon! Prior to participating in an organized team activity, please complete the following:



1. Complete the registration found on the athletics page: <https://docs.google.com/forms/d/e/1FAIpQLScYzaqglZDgAuhcRyJDaffgpDDqxhRQltCTKqMhhBBwuQAF4w/viewform>
2. Be in good academic standing (be on track to graduate, pass 5 courses from the previous semester- COVID exceptions may apply.)
3. Have a valid Oregon Physical Examination (expires every two years) - Physicals are available at the Rainier School Based Health Center. 503-556-2178
4. Payment of sports fees are required to participate.

Please contact your schools Athletic Director with any questions.

**Please contact the following for information about your sport:**

## High School Football:

Head Coach: Mike King

Email: [gobiggreen72@msn.com](mailto:gobiggreen72@msn.com)

## High School Cheer:

Head Coach: Lori Schimmel

Email: [schimmel.lori@gmail.com](mailto:schimmel.lori@gmail.com)

## High School Volleyball:

Head Coach: Shanda Wagner

Email: [Shanda\\_wagner@rssd.k12.or.us](mailto:Shanda_wagner@rssd.k12.or.us)

## High School Cross Country:

Head Coach: Andrew Perri

Email: [andrew\\_perri@rsd.k12.or.us](mailto:andrew_perri@rsd.k12.or.us)

## High School Soccer

Head Coach: TBD

Email: [riley\\_couch@rsd.k12.or.us](mailto:riley_couch@rsd.k12.or.us)

High School Athletic

Director:

Riley Couch

Phone: 503-556-4215

Email:

[riley\\_couch@rsd.k12.or.us](mailto:riley_couch@rsd.k12.or.us)