



*Ingraham High School Athletic Department*  
1819 N. 135<sup>th</sup> St. Seattle, WA 98133

**WIAA SPORTS SEASONS 2023-2024**

**I.H.S. Club Sports listed on page 2.**

Fall Sports: Aug 16- Dec 2, 2023 Fall Football. Spring Football Program June 1-30, 2023  
Aug 21, 2023 Cross Country, Girls Soccer, Girls Volleyball, Girls Swim and Co-Ed Golf, Softball (Slow Pitch)

Winter Sports: Oct 30 – Feb 3, 2024 Girls Bowling  
Nov 13, 2023 Girls Basketball, Boys Basketball, Girls Gymnastics, Boys Swim, Co-Ed Wrestling

Spring Sports: Feb 26 – May 25 Boys Baseball, Girls Softball Fastpitch, Boys Soccer, Boys & Girls Track, Co-Ed Tennis

**FINAL FORMS SPORTS REGISTRATION:** <https://seattleschools-wa.finalforms.com>

Parent/Guardian will create a parent account and will give student access to sign forms. Student will use a personal email (msn.com or gmail, etc.) Student's District email will not work.

**Sports Physical – document of physician assessment with physician's signature and stamped with clinic name.**

- Date of physical must be current and valid thru the end of the sport season.
- **Physicals are good for two years** with Registration forms and fees due each year.
- Visit [ingrahamhs.org/services/Teen Health Center](http://ingrahamhs.org/services/Teen Health Center) to schedule physical appt. Clinic open during school hours. Or visit a local clinic such as Indigo Clinic 206 365-9000 Day and Weekend appointments available.
- Upload your completed physical document in **PDF** format only.

**Medical Insurance** Enter name of insurance company and policy or group number or visit [www.myers-stevens.com](http://www.myers-stevens.com)

**Private School or Home Schooled Students:** Complete the WIAA Eligibility Section in Final Forms. Follow prompts and links.

- Attach a copy of June grades and submit semester grades during the sport season.

**Running Start Students:** Complete the WIAA Eligibility section on Final Forms. student, parent, staff signatures needed.

- Upload form in PDF format only. Ms. Medina will assist with staff signatures.

**Newly Transferred Students** will meet with our Athletic Director. Please attach current grades/transcript from previous school.

- Previous School Form Required.

**Fees:** ASB Fee \$50.00 yearly sports fee for three seasons of WIAA sports includes club sports. (price subject to change)

<https://www.schoolpay.com/pay/for/SPORT-FEE-202223/SdttQhc>

Club Sport Fee \$25.00 not to exceed \$50.00. Pays for 3 seasons plus WIAA sports.

<https://www.schoolpay.com/pay/for/Club-SPORT-FEE202223/Sdlc2o8>

Free and Reduced Lunch Sports Fee \$25.00. Lunch form must be completed and on file with District.

Pay on-line thru your Source Account. Or bring Check made payable to I.H.S or Exact Cash to fiscal office Room 165.

**Student ID Cards** are issued on picture day in September. ASB stickers are available from the Athl Office with proof of Sports Fee payment and placed on your ID card. Your ASB sticker allows you to receive discounts when purchasing tickets for school events.

**To be able to compete in competitions:**

**\*GPA must be 2.0 or higher. For Fall and Winter sports, eligibility is based on previous semester/June grades.**

**\*Student must be enrolled in 6 classes. \*Student should have enough credits to be on track to graduate.**

**\*Grade Checks are scheduled every 5 weeks. Please check in with Athletic Director for eligibility questions.**

**I.H.S. Athletic Info.** [www.ingrahamathletics.org](http://www.ingrahamathletics.org)

**Game Schedules:** [metroleague.org](http://metroleague.org). (game times subject to change) / WIAA.com Rules/ Regulations/Forms/  
**QUESTIONS? Contact Maria Medina Athl Dept Secretary 206 252-3889/ [mmedina@seattleschools.org](mailto:mmedina@seattleschools.org)**

Thank you for participating in I.H.S. Sports!

**I.H.S. Club Sports.** Please visit [ingrahamathletics.org](http://ingrahamathletics.org) for Coaches contact information, season start dates and how to register for a club sport

Fall Club Sports: Boys Ultimate Frisbee, Boys Water Polo, Boys Lacrosse

Winter Club Sports: Girls Flag Football, Co-ed Ultimate Frisbee, Cheer, Special Olympics Basketball

Spring Club Sports: Girls Ultimate Frisbee, Girls Water Polo, Girls Lacrosse, Unified Soccer, Special Olympics Track

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