

Lumberjack and Lumberjill Athletics

The motto for the Lumberjacks and Lumberjills is **Respect – Achieve – Lead**. Sportsmanship and learning to be a good teammate is a priority for all student-athletes as we develop our future leaders. At R.A. Long we support an “academics first” philosophy which centers on students passing all their classes to remain eligible for participation. The term “student-athlete” references being a student first and athlete second. Being successful in the classroom will always be top priority. We encourage all students to consider participating in our athletic program.

FALL	WINTER	SPRING
Football	Girls Bowling	Baseball
Cross Country	Boys & Girls Basketball	Fastpitch Softball
Boys Golf	Boys Swimming	Girls Golf
Girls Soccer	Boys & Girls Wrestling	Boys Soccer
Slowpitch Softball	Cheer <i>(Try-outs in previous Spring)</i>	Girls Tennis
Girls Swimming		Track & Field
Boys Tennis		
Volleyball		
Cheer <i>(Try-outs in previous Spring)</i>		

Athletic Registration

R.A. Long Athletics/Activities office processes all sports via an online registration platform through partner company, FamilyID

<https://www.familyid.com/organizations/ra-long-high-school>)

For a demo visit <https://www.youtube.com/watch?v=YQdNly4k3r8&feature=youtu.be>

Athletic Requirements

1. Complete the registration on Family ID. You will receive an email when your registration has been completed successfully.
2. Athlete must have an updated and current sports physical on file with the Athletic Office prior to their first practice. Physicals are valid for two (2) years from the date signed by the physician.
3. Athlete must have paid for (obtained) an ASB Card (\$45) – Once per year.
4. All athletes are required to have a current medical insurance policy in order to participate in sports. If you do not have private medical insurance, the Longview School District collaborates with Myers-Stevens & Toohey for Student Accident Insurance.
5. Return any prior years/seasons books/uniforms/gear and pay all prior fines/fees/obligations.
6. Students must maintain a 2.0 GPA or above. Here at RA Long, we have a grade check process for all student athletes.

Stay In The Know!

RA Long Athletic Webpage

<https://ralong.longviewschools.com/activitiesathletics/athletics>

RA Long Athletic Facebook

<https://www.facebook.com/ralongathletics>

RA Long Athletic Director – DeWayne McCabe

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Athletic Secretary/Sports Eligibility – Traci Ellis

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ASB Secretary/Communications

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League Information

RA Long is part of the Greater St. Helens 2A League. You can visit <https://www.2agshl.com/index.php?pid=0.28.0.0.200> to learn more about the League and stats of our competing schools.

Columbia River Rapids

Ft. Vancouver Trappers

Hockinson Hawks

Hudson's Bay Eagles

Mark Morris Monarchs

RA Long Lumberjacks

Ridgefield Spudders

Washougal Panthers

Woodland Beavers