



STANWOOD HIGH SCHOOL

Mike Washington, Principal
Corie Gudgeon, Assistant Principal
Tom Wilfong, Assistant Principal
Ross Short, Career & Technical Ed Director
Lauren Amundson, Activities/Athletic Director

To: Parents of Incoming 9th Graders
From: Lauren Amundson, SHS
Date: February 19, 2025
RE: Stanwood High School Athletics

Welcome to *Stanwood High School Athletics*! We are looking forward to your student-athlete joining our program. Here is some information to help you prepare:

Fall Sports

Cheer
Cross Country
Football
Girls Soccer
Girls Swim
Boys Tennis
Volleyball

Winter Sports

Boys Basketball
Girls Basketball
Cheer
Boys Swim
Boys Wrestling
Girls Wrestling

Spring Sports

Baseball
Boys Golf
Girls Golf
Boys Soccer
Softball
Girls Tennis
Track & Field

2025 Fall sports tryouts are scheduled to begin on Monday, August 25th, and football on Aug 20th. To be eligible to participate, student-athletes **must** have a current physical and register on FinalForms: stanwood-wa.finalforms.com. Registration for the 2025-26 school year will open on June 1st, 2025.

Detailed instructions for signing up online can be found on our Athletics web page under Sport Sign up Info. Click on the link entitled PARENT PLAYBOOK for step-by-step instructions. ***If your student participated in athletics at Port Susan or Stanwood Middle, their FinalForms records will roll over to the high school. When your student signs up for a sport at the high school you'll just need to sign any applicable forms that populate.**

All student-athletes are required to maintain passing grades with a 2.0 or better. We will perform an initial check of 2nd semester grades (from middle school) for incoming freshmen. Students who did not pass all their classes, with at least a 2.0 GPA, will be placed on academic probation and will be subject to weekly grade checks to determine eligibility for competition.

Athletes are required to pay a \$100 participation fee and purchase a \$45 ASB card. Fees will be collected starting in late August and must be paid before the first competition. If your student qualifies for fee waivers, please connect with the office for additional documentation.

Please use our website as a resource, and then contact our Athletic Department with any questions, (360) 629-1322. The office will close for summer break between June 20 and August 11.

FinalForms registration must be completed in order to participate.

Have a great summer and Go Spartans!

ONLINE RESOURCES & HELPFUL WEB LINKS:

Stanwood High School	https://shs.stanwood.wednet.edu/
SHS Athletics Webpage	https://shs.stanwood.wednet.edu/athletics
Sport Signup Information	https://shs.stanwood.wednet.edu/athletics/sport_sign_up_info
SHS Booster Club	https://stanwoodboosters.weebly.com/
WESCO Athletics	https://www.wescoathletics.com/
Game Schedules (Arbiter)	https://www.arbiterlive.com/Teams?entityId=22461
GoFan (Game Tickets)	https://gofan.co/app/school/WA23340
NFHS Network (Live Streaming)	https://www.nfhsnetwork.com/schools/stanwood-high-school-stanwood-wa
WIAA	https://www.wiaa.com/
Online Payment Portal	https://wa-stanwoodcamano.intouchreceipting.com/signin

SHS Sports by Season & Coaches Contact Information:

Athletic Department Office (360) 629-1322

Fall Sports Aug. 25, 2025 https://shs.stanwood.wednet.edu/athletics/fall_sports

Cross Country	Coach Lauren Schram	lschram@stanwood.wednet.edu
Football (8/20)	Coach TBD	
Girls Soccer	Coach Olivia Lee	olee@stanwood.wednet.edu
Girls Swim	Coach Rita Peterson	rpeterson@stanwood.wednet.edu
Boys Tennis	Coach David Fair	dfair@stanwood.wednet.edu
Volleyball	Coach Megan Amundson	mamundson@stanwood.wednet.edu
Cheer	Coach Morgen ten Hoopen	mtenhoopen@stanwood.wednet.edu

Winter Sports Nov. 17, 2025 https://shs.stanwood.wednet.edu/athletics/winter_sports

Spring Sports March 2, 2026 https://shs.stanwood.wednet.edu/athletics/spring_sports

Spartans on Social Media: @go_shsspartans

Facebook <https://www.facebook.com/goshsspartans>

Instagram https://www.instagram.com/go_shsspartans/

Twitter https://twitter.com/go_shsspartans



FINAL FORMS:

