

# Jesuit Athletics

Welcome to the Jesuit High School community. Jesuit offers many sports programs through our athletic office for students of all athletic abilities. It is our mission to help you develop your character and maximize your athletic potential through the discipline of athletic competition. Below is some information to help you as you begin your journey here at Jesuit. Again, we welcome you.

Sincerely,

Mike Hughes – Athletic Director

## Frequently Asked Questions:

**Q: Are there Jesuit athletic activities this summer?**

**A:** To increase your chances of making a team and to experience the joy of sport, freshmen are encouraged to workout during the summer. Play on a summer league team, get on a workout routine, and/or just stay active. The weight room will be open from 8- 10 am Monday through Friday. Plyometrics are also run in the summer and are open to all students on M/W/F from 7-8am. Plyos and Weight Room hours begin on June 12<sup>th</sup>. These hours are subject to change, so confirm hours on the athletic page of Jesuit’s website this summer. Information on summer training for specific sports is listed on the back of this page.

**Q: Are there Jesuit Summer Athletic Camps?**

**A:** Yes, many Jesuit sports have summer camps. Participation in camps is strongly recommended but does not affect whether a student makes a team during the regular season. Camp information and online registration can be found at [jesuitportland.org](http://jesuitportland.org). If you have questions regarding camps, call 503-291-5486.

**Q: I don’t want to miss anything; how do I get information on fall tryouts, camps, etc.?**

**A:** Camp registration is available online at [jesuitportland.org](http://jesuitportland.org). Specific information regarding tryouts will be sent by email in the summer and will be posted on the team pages for each sport. All of this information will also be posted on the main athletic page of [jesuitportland.org](http://jesuitportland.org).

**Q: When are Fall Tryouts for Freshmen?**

**A:** Fall Tryouts begin Monday, August 14, 2022. Freshmen competing in football, soccer and volleyball are required to start tryouts on Monday, August 14<sup>th</sup>. Freshmen participating in cross country are encouraged to start on August 14<sup>th</sup>; however, mandatory practice for freshmen participating in cross country starts on the first day of school.

### Fall Sports

Tryouts begin Aug. 14, 2023

- Football (no cuts)
- Volleyball (cuts)
- Men’s Soccer (cuts)
- Women’s Soccer (cuts)
- Men’s Cross Country (no cuts)
- Women’s Cross Country (no cuts)

### Winter Sports:

Tryouts begin Nov. 13, 2023

- Men’s Basketball (cuts)
- Women’s Basketball (cuts)
- Men’s Swimming (no cuts)
- Women’s Swimming (no cuts)
- Men’s Ski Racing (cuts)
- Women’s Ski Racing (cuts)

### Spring Sports:

Tryouts begin Feb 26, 2024

- Baseball (cuts)
- Softball (cuts)
- Men’s Tennis (cuts)
- Women’s Tennis (cuts)
- Men’s Lacrosse (cuts)
- Women’s Lacrosse (cuts)
- Men’s Golf (cuts)
- Women’s Golf (cuts)
- Men’s Track and Field (no cuts)
- Women’s Track and Field (no cuts)

#### Jesuit High School Athletic Department Staff:

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**MORATORIUM WEEK:** For your summer planning---please know that there are NO workouts, or camps from July 23-29 (All athletic facilities are *closed*, including the Weight Room)