

# NORTH BEND HIGH SCHOOL

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NORTH BEND, OR 97459

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Athletics Department (541) 751-7160

**Monday, June 16, 2025**

**Athletics Schedule:** Please Visit <https://bulldogsports.org> for the *athletic calendar*

**No athletics today!**

1. SWOCC will be offering a handful of youth sports camps & clinics over the next couple weeks! Please see the attached fliers for details, and use the following link to sign-up.  
<https://swoccatletics.com/sports/2018/8/28/youth-camps-clinics>
2. Southern Coos Hospital will be offering free sports physicals to any student athlete that needs one for the upcoming school year. SCH will be offering free sports physicals on Friday, August 15 at the Bandon High School Gymnasium. Please see attached flyer.
3. Fall sports registration will open on Monday, July 14, 2025. Once registration opens you can register your athlete @ [www.familyid.com](http://www.familyid.com). The first day of Fall sports practice is Monday, August 18, 2025. Please ensure that you have a valid sport physical on file with the Athletic Office. You may not participate without a valid physical on file, this includes practice. Please also ensure all student debt is settled as you will not be able to participate in contests until all bills are settled. Fall sports registration instructions are attached.
4. All students interested in participating in Cross Country, practices will start on Tuesday, June 17<sup>th</sup> and will be held on Tuesday, Wednesday, and Thursday from 7:45 am until approximately 9:15 am. We will start from the NBHS Track Area. Tuesday and Thursday will be a short run followed by a strength workout led by Coach Bollig in the weight room. Wednesday will be a moderate workout day. Runners will be expected to run independently or with friends on Monday and Friday. Please see the attached flier for additional details.