

# 2022-2023 Pulaski High School Athletic Code/Informational Meeting

The Nuts and Bolts...



# Red Raider Athletics Mission Statement:

To impact the lives of our athletes by building a passion for excellence, emphasizing development of body, mind, and spirit by using the universal language of competition.

#RaiderStrong



**We are ALL in this together**

**#RaiderStrong**



# Who's who in PHS Athletics...



Janel Batten  
Pulaski Athletic Director  
jmbatten@pulaskischools.org



Jenny Olson  
Administrative Assistant  
jolson@pulaskischools.org



Melissa Gering, LAT  
Athletic Trainer  
magering@pulaskischools.org



Paul Ford  
PCMS Athletic Director  
paford@pulaskischools.org




#RaiderStrong



# Who's who in PHS Athletics... [Head Coaches/Sports Page](#)

[Q](#)
[Home](#)

[News](#)
[Events](#)
[Staff Directory](#)
[Employment](#)
[Quick Links](#)
[Online Apparel](#)

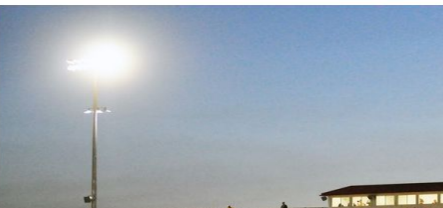


[Our District](#)
[Our Schools](#)
[Our Community](#)
[Why Choose Us](#)

[Home](#) / [Pulaski High School](#) / [High School Athletics](#) / [Home](#)

## High School Athletics

- Official Red Raider Apparel
- Athletic Schedules
- Forms & Documents (REGISTER FOR ATHLETICS)
- Directions - Home/Away Games
- Links & Resources
- Athletic Boosters
- Red Raider Field of Dreams
- Prevea Sports Medicine
- PHS Build a Better Raider Program



### School News

PHS Student Item Pick-Up and District Resource Return Plan

5-20-20 Message to Class of 2020 - Virtual Graduation Program Deadline

2020-2021 PHS Annual Mandatory

### Fall Sports (F)

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball
- Boys' Soccer

### Winter Sports (W)

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey
- Girls Hockey

### Spring Sports (S)

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

### Fall/Winter (Y)

- Dance

# #RaiderStrong



Parents sometimes have the toughest job...



# The Purpose of High School Sports...it's about the KIDS.



# The Purpose of High School Sports/ Life Skills/ Expectations

teamwork, perseverance, responsibility, physical endurance, commitment, time management, and personal and emotional health

- Commitment involves dedicating yourself to something, like a person or a cause. A *commitment* OBLIGATES you to do something.
- Team: Together Everyone Achieves More
  - Change the “Me” to “We”...what’s in the best interest of the team, how can I help the team
  - Teamwork is essential for success in life!
- Attitude and Leadership
  - In Classroom/Out of Classroom
  - On Field/Off Field

What it means to be a Pulaski Red Raider: Respect, Honesty, Wisdom, Fortitude, & Humility





# The Communication Chain

**Level Three:** Player, Coach, Parents, AD

**Level Two:** Player, Coach, Parents



**Level One:** Player, Coach



# The Communication Chain



# The Communication Chain



# Supportive Role

- Supportive Behavior in Stands
  - Keep it positive
  - Impact on your own child and the team
- Communication with Coaches
  - Athlete/Coach is first
  - 24 hour rule...
- Ask Your Athlete
- Raider Way: Not only for athletes, but **Parents** and **Coaches** as well

FOUNDED ON **TRADITION** AND **PRIDE**, FOCUSED ON **EXCELLENCE**

#RaiderStrong



# Pulaski Pride: How to get involved...

#RaiderStrong



# Be an Active Booster!



Navigation: News Events Staff Directory Employment Quick Links Online Apparel

Our District Departments Our Schools Our Community Why Choose Us

Home / Pulaski High School / High School Athletics / Home

## High School Athletics

- Official Red Raider Apparel
- Athletic Schedules
- Forms & Documents (REGISTER FOR ATHLETICS)
- Directions - Home/Away Games
- Links & Resources
- Red Raider Sports Booster Club**
- Red Raider Field of Dreams
- Prevea Sports Medicine
- PHS Build a Better Raider Program
- PHS Athletic Passes
- Covid-19 Protocol
- PHS Travel Release Form
- Fitness Center



### Fall Sports (F)

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball
- Boys' Soccer

### Winter Sports (W)

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey
- Girls Hockey

### Spring Sports (S)

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

### Fall/Winter (Y)

- Dance

#RaiderStrong



Actually do something...



#RaiderStrongVolunteer



Each year the RRSBC Supports PHS Athletics and student athletes by giving back a minimum of \$23, 000 in needs and wants. Here are just some of the things that the RRSBC has supplemented the PHS Athletic Department with this year alone...

- HUDL camera access and support
- Volleyball referee stand
- Baseball helmets
- Track jump ramp
- Weighted balls
- Volleyball Triple net holder
- Football helmets
- Golf bags
- Soccer kick mannequin and weighted bases...

#RaiderStrong





# Contact a RRSBC Officer to Learn About Open Positions

Red Raider Sports Booster Club PHS

RRSBC

**Contact US**

PARENT REPS

ATHLETIC SCHEDULES

CONCESSIONS SIGN UP

CONSTITUTION OF BYLAWS

SCHOLARSHIPS

C

## OFFICERS

### RRSBC President:

Carolyn Hayward

Phone: 920.619.6932

Email: hayward4@inetnet.net

Term 2020-2022

### Vice President:

Laura Ambrosius

Phone: 920.680.8121

Email: rowelllaura84@yahoo.com

Term: Sept 2021 - August 2023

### Concessions Coordinator:

Amy Fischer

Phone: 920.373.0671

Email:

### Treasurer:

Michele Kubiak

Phone: 920.660.9132

Email: kubiakm@jonassupply.com

Term SEPT 2021- AUG 2023

### Secretary:

Katie Wotruba

Phone: 920.609.1247

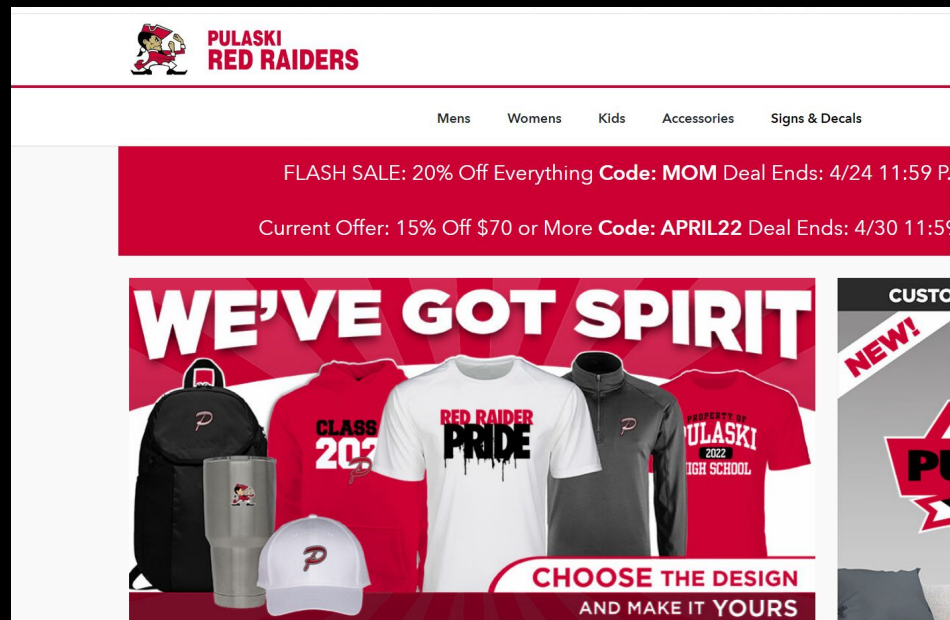
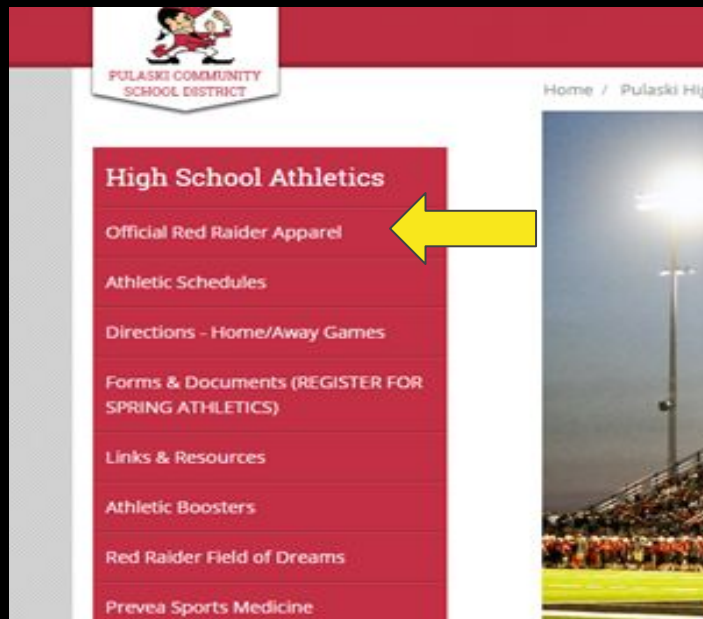
Email: kwotruba@hotmail.com.com

Term SEPT 2021-AUG 2023

# #RaiderStrong



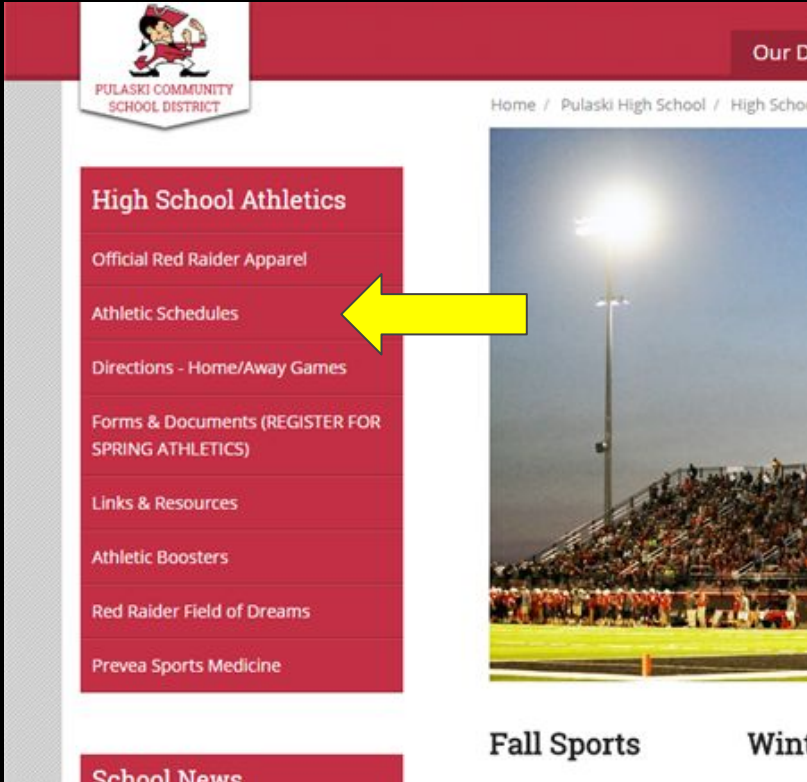
# Support the Red Raiders with Swag!



#RaiderStrong



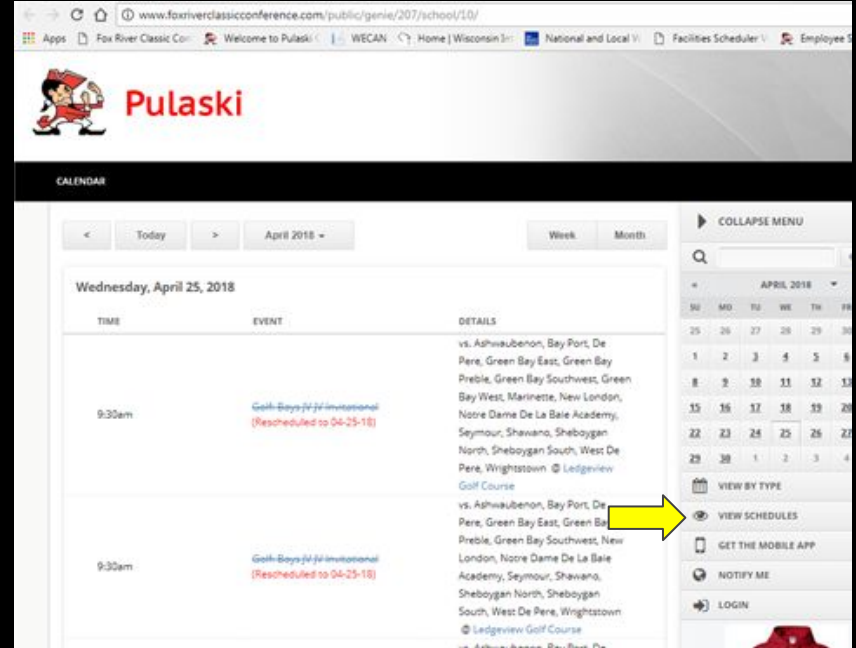
# Attend Events: [PHS Athletic Schedules](#)



The screenshot shows the Pulaski Community School District website. The navigation menu on the left includes the following items:

- High School Athletics
- Official Red Raider Apparel
- Athletic Schedules
- Directions - Home/Away Games
- Forms & Documents (REGISTER FOR SPRING ATHLETICS)
- Links & Resources
- Athletic Boosters
- Red Raider Field of Dreams
- Prevea Sports Medicine

A yellow arrow points to the "Athletic Schedules" link. The main content area features a large image of a football field at night with stadium lights and a crowd in the stands. Below the image, the text "Fall Sports" and "Winter Sports" is visible.



The screenshot shows the Fox River Classic Conference website. The header includes the "Pulaski" logo and a navigation bar with links like "Welcome to Pulaski", "WECAN", "Home | Wisconsin", "National and Local", "Facilities Scheduler", and "Employee". The main content area displays the "CALENDAR" for Wednesday, April 25, 2018. The schedule table lists events for 9:30am, including a golf tournament at Ledgewood Golf Course. A yellow arrow points to the "VIEW SCHEDULES" link in the right sidebar.

TIME	EVENT	DETAILS
9:30am	Golf - Boys JV JV Invitational (Rescheduled to 04-25-18)	vs. Ashwaubenon, Bay Port, De Pere, Green Bay East, Green Bay Preble, Green Bay Southwest, Green Bay West, Marinette, New London, Notre Dame De La Salle Academy, Seymour, Shawano, Sheboygan North, Sheboygan South, West De Pere, Wrightstown @ Ledgewood Golf Course
9:30am	Golf - Boys JV JV Invitational (Rescheduled to 04-25-18)	vs. Ashwaubenon, Bay Port, De Pere, Green Bay East, Green Bay Preble, Green Bay Southwest, New London, Notre Dame De La Salle Academy, Seymour, Shawano, Sheboygan North, Sheboygan South, West De Pere, Wrightstown @ Ledgewood Golf Course

#RaiderStrong



# Become an Official... visit <https://www.wiaawi.org/Officials/Become-an-Official>

## BECOME AN OFFICIAL

OFFICIALS / BECOME AN OFFICIAL



**MAKE THE RIGHT CALL.**  
BECOME A HIGH SCHOOL OFFICIAL.

NFHS CODE OF  
ETHICS

RANKING  
INFORMATION

UNIFORM &  
EQUIPMENT

## LICENSING PROCESS

> Standard Officials

> High School Student Officials

> Military Officials

> Reciprocity Officials

### EQUIPMENT PROVIDERS

Click on logo below to  
access Cliff Keen  
website.



Click on logo below to  
access Honigs website.



Click on logo below to

> Reciprocity Officials

> Reciprocity for WIAA Licensed Officials

## LICENSING INFORMATION

- Become An Official Brochure
- Licensing Information *(please read before completing a*
- 2021-22 Licensing Application
- Reciprocity Info. for WI Residents
- 2021-22 Reciprocity Application

Connect With Us

#RaiderStrong





@PulaskiRedSea

Pulaski Red Sea



**Pulaski Red Sea**

@PulaskiRedSea

@pcsd\_phs sports tweets

📍 Pulaski, WI



TWEETS  
**5,677**

FOLLOWING  
**249**

FOLLOWERS  
**1,472**

LIKES  
**1,357**

LISTS  
**2**

MOMENTS  
**3**

Tweets

Tweets & replies

Media



You Retweeted



**Running Raiders** @RunningRaiders · 22h

Heat sheets for today's tri: [@PrebleTrack](https://entries.pttiming.com/system/re) entries.pttiming.com/system/re



1



2

#RaiderStrong







# Athletics Are A Privilege

#RaiderStrong





# The Co-Curricular Code of Conduct

## Pulaski Community School District Code of Conduct for Co-Curricular Activities



#RaiderStrong

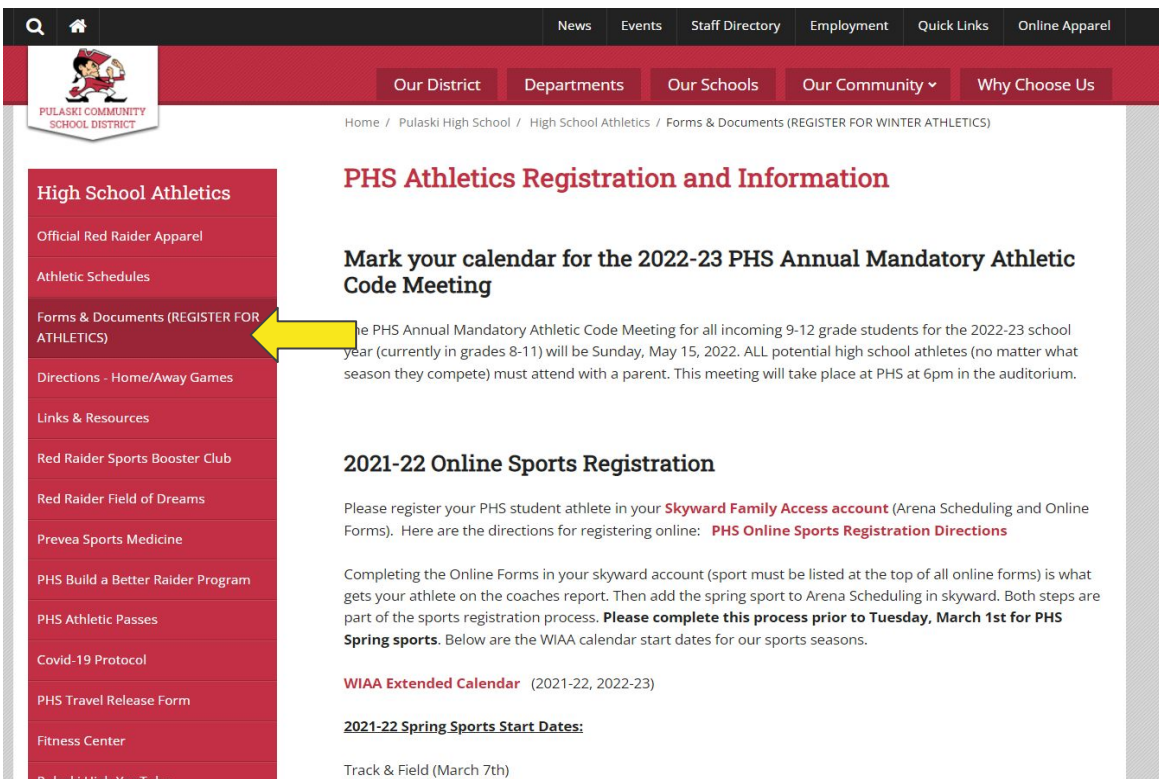


# The “Must Haves”

#RaiderStrong



# PHS Athletic Page: Forms & Documents/Online Registration



The screenshot shows the PHS Athletics website. The top navigation bar includes links for News, Events, Staff Directory, Employment, Quick Links, and Online Apparel. Below this is a red header with a search icon and a home icon. The main content area is titled "PHS Athletics Registration and Information". A yellow arrow points to the "Forms & Documents (REGISTER FOR ATHLETICS)" link in the left sidebar. The main content area contains the following text:

**PHS Athletics Registration and Information**

**Mark your calendar for the 2022-23 PHS Annual Mandatory Athletic Code Meeting**

The PHS Annual Mandatory Athletic Code Meeting for all incoming 9-12 grade students for the 2022-23 school year (currently in grades 8-11) will be Sunday, May 15, 2022. ALL potential high school athletes (no matter what season they compete) must attend with a parent. This meeting will take place at PHS at 6pm in the auditorium.

**2021-22 Online Sports Registration**

Please register your PHS student athlete in your **Skyward Family Access account** (Arena Scheduling and Online Forms). Here are the directions for registering online: **PHS Online Sports Registration Directions**

Completing the Online Forms in your skyward account (sport must be listed at the top of all online forms) is what gets your athlete on the coaches report. Then add the spring sport to Arena Scheduling in skyward. Both steps are part of the sports registration process. **Please complete this process prior to Tuesday, March 1st for PHS Spring sports.** Below are the WIAA calendar start dates for our sports seasons.

**WIAA Extended Calendar** (2021-22, 2022-23)

**2021-22 Spring Sports Start Dates:**

Track & Field (March 7th)

#RaiderStrong



# How to Register **EACH** season...

Click [here](#) for step by step instructions

Make sure to list the sport on the top of each of the online forms.

**High School Athletics - Concussion Form**

\* Sport Participating In?

**Student Acknowledgment**

**Pulaski High School Athletic Information Card**

THIS FORM MUST BE FILED EVERY YEAR BEFORE PARTICIPATION CAN BEGIN IN ANY ATHLETIC PROGRAM  
A physical examination is required every two years and must be on file in the athletic office.  
[Check Date / Physical Exam Form](#)

Student Name: BRYNN A SCHOENING Grade: 10 Gender:

\* Sport Participating In?

**Co-Curricular Student and Parental Agreement**

Student Name: BRYNN A SCHOENING Grade: 10 Date of Birth: 04/23/2002

\* Sport Participating In?

Parent Initials:  Student Initials:

WAAA HIGH SCHOOL ATHLETIC ELIGIBILITY INFORMATION BULLETIN: I have read the WAAA Bulletin

#RaiderStrong



# How to Register **EACH** season...



#RaiderStrong



# All students should have adequate insurance coverage.

All students should have adequate insurance coverage. Your initials signify that you have adequate insurance or will assume the cost of any injuries incurred in participation. Student Assurance Services makes available an insurance plan that is designed to partially cover the cost of medical treatment. For insurance details and costs, view the: [Insurance Brochure \(English\)](#) | [Insurance Brochure \(Spanish\)](#) in your skyward account under Co-Curricular Student and Parent Agreement form.

Co-Curricular Student and Parental Agreement			
Student Name: BRYNN A SCHOENING		Grade: 10	Date of Birth: 04/23/2002
* Sport Participating In? <span>Girls Swimming</span> <span></span> <span></span>			
Parent Initials	Student Initials		
<input type="checkbox"/> JS	<input type="checkbox"/> BS	<b>WIAA HIGH SCHOOL ATHLETIC ELIGIBILITY INFORMATION BULLETIN:</b> I have read the WIAA Bulletin distributed at the Training Rules Meeting and agree to abide by the rules and information found therein. I will contact the Athletic Director with questions or concerns. View the Form: <a href="#">WIAA Athletic Eligibility</a>	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	<b>No athlete will be allowed to practice or participate in a contest</b> if he/she has not been in attendance 3 consecutive hours of any school day because of illness or unexcused absence.	
<input type="checkbox"/>	<input type="checkbox"/>	<b>Notice and Consent Statement:</b> We understand that participation in school sponsored extra-curricular activities is a privilege and that all such participation is voluntary. We are aware that playing or practicing to play/participate in any extra-curricular activity can be dangerous, involving <b>MANY RISKS OF INJURY</b> . We understand that some risk is assumed by the participant as a matter of participating. Because of the dangers or participating in such activities, We recognize the importance of following the coach's/advisor's instructions regarding playing techniques, training and other rules, etc., and agree to obey such instructions.	
<input type="checkbox"/>	<input type="checkbox"/>	<b>We have read the Notice and Consent Statement</b> , we are aware of the risks in extra-curricular participation, and we give consent for my son/daughter to participate in extra-curricular activities sponsored by the school.	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	All students should have adequate insurance coverage. Your initials signify that you have adequate insurance or will assume the cost of any injuries incurred in participation. Student Assurance Services makes available an insurance plan that is designed to partially cover the cost of medical treatment. For insurance details and costs, view the: <a href="#">Insurance Brochure (English)</a>   <a href="#">Insurance Brochure (Spanish)</a>	
<input type="checkbox"/> JS	<input type="checkbox"/> BS	Equipment issued to an athlete is the property of the Pulaski School District and may not be purchased. If equipment is lost or not returned at the end of the season, the student-athlete will be responsible for the replacement cost of the item(s) before any post-season awards are given.	

#RaiderStrong



# Prevea Sports Physical July Event

<https://www.prevea.com/For-Patients/Events/WIAA-Physicals>

Pulaski Prevea Sports Physical Dates  
2022:

July 21st 3-5pm

July 26th 3-6pm

To schedule, call 822-5444.

If you have any questions, please reach out to  
Melissa Gering at [Melissa.Gering@prevea.com](mailto:Melissa.Gering@prevea.com).

Cost: \$20 - All proceeds are donated to your  
school's athletic department.



---

#RaiderStrong






# PHS Athletic Page: Travel Release Form



NewsEventsStaff DirectoryEmploymentQuick LinksOnline Apparel



Our DistrictDepartmentsOur SchoolsOur CommunityWhy Choose Us

Home / Pulaski High School / High School Athletics / Home

### High School Athletics

Official Red Raider Apparel

Athletic Schedules

Forms & Documents (REGISTER FOR ATHLETICS)

Directions - Home/Away Games

Links & Resources

Red Raider Sports Booster Club

Red Raider Field of Dreams

Prevea Sports Medicine


PHS Build a Better Raider Program

PHS Athletic Passes

Covid-19 Protocol

**PHS Travel Release Form**

Fitness Center




### Fall Sports (F)

- Cross Country
- Football
- Girls' Golf
- Girls' Swimming
- Girls' Tennis
- Girls' Volleyball

### Winter Sports (W)

- Girls' Basketball
- Boys' Basketball
- Boys' Swimming
- Wrestling
- Boys Hockey



4/837026/2d9b34b8-ed41-11e6-884f-22000bd8490f/2140591/427a8fda-d8cd-11ea-884b-12194b307769/file/Travel Release form 2020.pdfckev

## APPENDIX G

### PHS Travel Release Form

Date: \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to not ride the bus  
(Student's Name)

\_\_\_\_\_ the \_\_\_\_\_ on  
(to-from-both) (Name of Sport and Level)

\_\_\_\_\_ at \_\_\_\_\_  
(Date) (Location of Event/Game)

- *Note: Please use the back of this sheet to add more dates and locations if needed. All dates and locations that apply must be listed. Thank you.*

I certify that I am personally transporting the above named student, or have arranged for transportation with \_\_\_\_\_ (an adult, non-student) of my choosing for this student.

The reason for not riding the bus is:

\_\_\_\_\_  
(Reason must be sufficiently urgent to family needs to justify not riding the bus)

I understand that the PHS Athletic Code and District policy requires that students ride the bus to and from all co-curricular events, and a departure from this will release the Pulaski Community School District from all liability for any adverse results that may occur.

I agree to release the Pulaski Community School District and its employees and officers from all liability with reference to the above stated transportation.

*This form must be submitted to the PHS Athletic Office at least 24 hours prior to the dismissal of the school day of the contest. You may email the form to [jolson@pulaskischools.org](mailto:jolson@pulaskischools.org). The Coach will be given a copy of this release.*

# #RaiderStrong







[www.wiaawi.org](http://www.wiaawi.org)



Email  Password  [Login](#)  
[Forgot Password?](#)

**SPORTS**

**SCHOOLS**

**OFFICIALS**

**NEWS**

**HEALTH**

[Home](#) | [ScoreCenter](#) | [Report Scores](#) | [About WIAA](#) | [Calendars](#) | [Contact Us](#) | [Tickets](#)

[Search](#)

## Wisconsin Interscholastic Athletic Association

### Headlines

[Membership Approves Five Amendments at Annual Meeting »](#)

[Board of Control April Meeting Release »](#)

[WIAA to Provide Concussion Insurance for Member School Student-Athletes »](#)

[Annual Meeting Scheduled for April 26 in Stevens Point »](#)

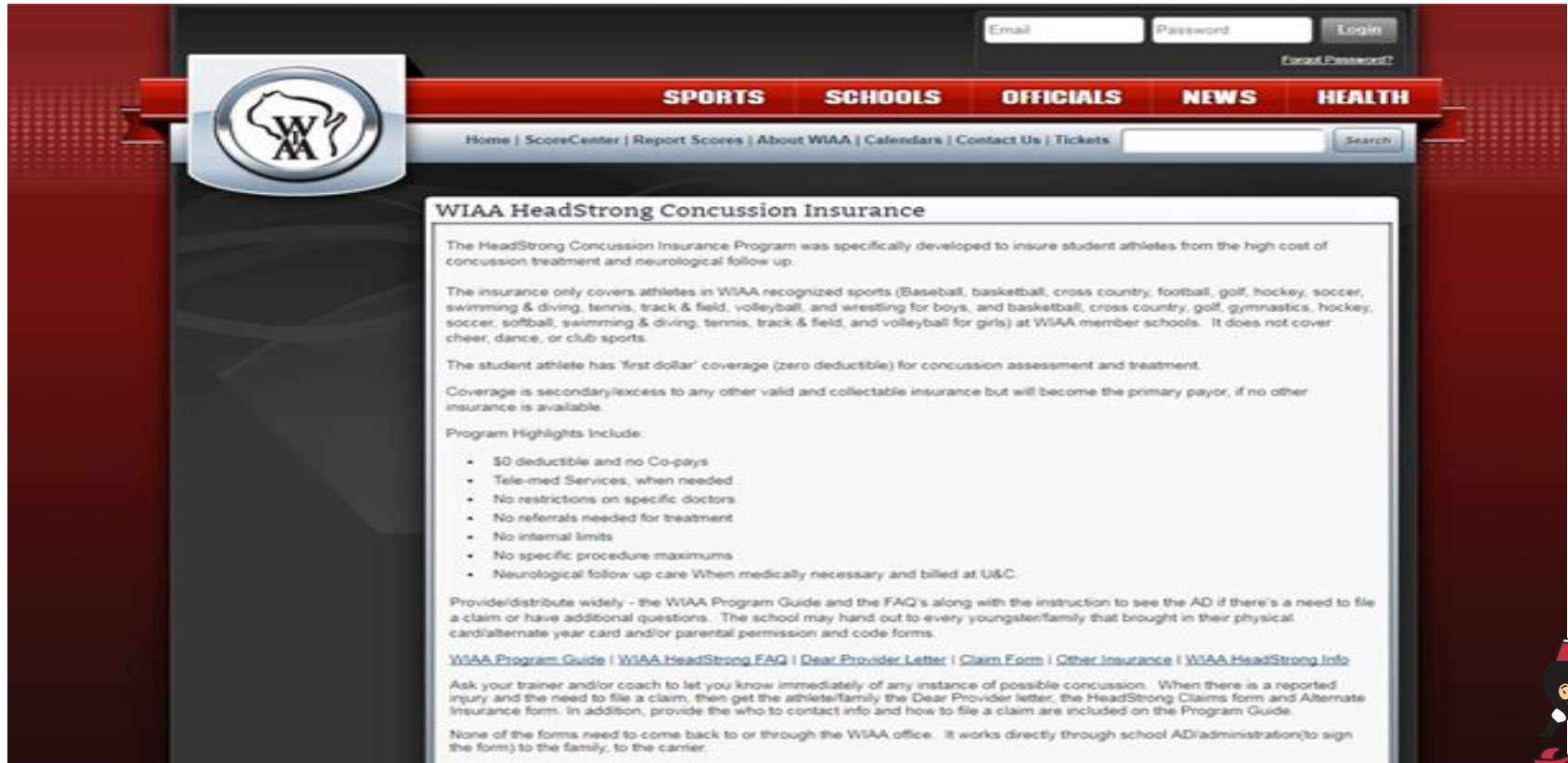
[More News](#)



#RaiderStrong



# WIAA HeadStrong Concussion Insurance



Email  Password   [Forgot Password?](#)

**SPORTS SCHOOLS OFFICIALS NEWS HEALTH**

[Home](#) | [ScoreCenter](#) | [Report Scores](#) | [About WIAA](#) | [Calendars](#) | [Contact Us](#) | [Tickets](#)

## WIAA HeadStrong Concussion Insurance

The HeadStrong Concussion Insurance Program was specifically developed to insure student athletes from the high cost of concussion treatment and neurological follow up.

The insurance only covers athletes in WIAA recognized sports (Baseball, basketball, cross country, football, golf, hockey, soccer, swimming & diving, tennis, track & field, volleyball, and wrestling for boys, and basketball, cross country, golf, gymnastics, hockey, soccer, softball, swimming & diving, tennis, track & field, and volleyball for girls) at WIAA member schools. It does not cover cheer, dance, or club sports.

The student athlete has 'first dollar' coverage (zero deductible) for concussion assessment and treatment.

Coverage is secondary/excess to any other valid and collectable insurance but will become the primary payor, if no other insurance is available.

Program Highlights Include:

- \$0 deductible and no Co-pays
- Tele-med Services, when needed
- No restrictions on specific doctors
- No referrals needed for treatment
- No internal limits
- No specific procedure maximums
- Neurological follow up care When medically necessary and billed at U&C

Provide/distribute widely - the WIAA Program Guide and the FAQ's along with the instruction to see the AD if there's a need to file a claim or have additional questions. The school may hand out to every youngster/family that brought in their physical card/alternate year card and/or parental permission and code forms.

[WIAA Program Guide](#) | [WIAA HeadStrong FAQ](#) | [Dear Provider Letter](#) | [Claim Form](#) | [Other Insurance](#) | [WIAA HeadStrong Info](#)

Ask your trainer and/or coach to let you know immediately of any instance of possible concussion. When there is a reported injury and the need to file a claim, then get the athlete/family the Dear Provider letter, the HeadStrong Claims form and Alternate Insurance form. In addition, provide the who to contact info and how to file a claim are included on the Program Guide.

None of the forms need to come back to or through the WIAA office. It works directly through school AD/administration (to sign the form) to the family, to the carrier.



# Final Reminders

#RaiderStrong



# PHS Athletic Registration:

## **PHS Fall Sports 2022-23 Athletic Online Registration Will Open Mid-July 2022**

A skylert message will be emailed mid-July when Arena Scheduling and Online Forms are turned on in your **Skyward Family Access** account. **High School Online Athletic Registration Directions** can be found on our website.

PHS coaches will be given a report for the first day of practice of who is eligible based on the online forms completed and a current physical listed in skyward. **Check for Last Athletic Physical date** in your skyward family access. PHS Athlete Physical forms can be dropped off at the PHS Athletics office or faxed to 920-822-6707 Att: PHS Athletics.

Friendly reminder, the one time yearly \$30 sports participation fee is due before the first competition. This fee can be paid online in your skyward family access account or send a check to the PHS Athletics office.

Any questions about the PHS sports registration process, please call the PHS Athletics office at 822-6705.



# PHS Fall Sports start dates:

Please register in your skyward family access account before August 1st.

## 2022-23 Fall Sports Start Dates:

Dance (register by Monday, July 25th)

Football (August 2nd)

Girls Golf (August 8th)

Girls Tennis (August 9th)

Girls Swim (August 9th)

Cross Country (August 15th)

Girls Volleyball (August 15th)

Boys Soccer (August 15th)



# Uniforms, Fees, “Paperwork”...

- **Registration (needs to be complete to practice/compete)**
  - Your Skyward Family Access account
    - Online Forms
    - Arena Scheduling
    - Check for physical on file
    - Pay fee
- One time \$30 fee to participate in sports for the year.
- Uniform return.



# Uniforms, Fees, “Paperwork”...

- Registration (need to be complete to practice/compete)
  - Your Skyward Family Access account
    - Online Forms
    - Arena Scheduling
    - Check for physical on file
    - Pay fee
- One time \$30 fee to participate in sports for the school year.
  - Online payment in your skyward family access account
  - Or send check to PHS Athletic office
- Uniform return.



# Uniforms, Fees, “Paperwork”...

- Registration (need to be complete to practice/compete)
  - Your Skyward Family Access account
    - Online Forms
    - Arena Scheduling
    - Check for physical on file
    - Pay fee
- One time \$30 fee to participate in sports for the year.
- Uniforms should be returned to the coach after each sports season.





# Fall Sport Coaches and emails

Auditorium	Football: Jerad Marsh
Fieldhouse (gym)	Boys Soccer: Jeff Schneider
LGI-1	Volleyball: Bethani Thibodeau
LGI-2 (upstairs)	Cross Country: Kim Noe
PLL1	Girls Golf: Sarah Kohls
Room 1413	Girls Tennis: Aaron Sperduto
Room 1415	Girls Swim: Nick Haydon
Library	Dance: Hanna Hedsand

<a href="mailto:jwmarsh@pulaskischools.org">jwmarsh@pulaskischools.org</a>
<a href="mailto:jrschneider@pulaskischools.org">jrschneider@pulaskischools.org</a>
<a href="mailto:bathibodea@pulaskischools.org">bathibodea@pulaskischools.org</a>
<a href="mailto:khnoe@pulaskischools.org">khnoe@pulaskischools.org</a>
<a href="mailto:sekohls@pulaskischools.org">sekohls@pulaskischools.org</a>
<a href="mailto:aesperduto@pulaskischools.org">aesperduto@pulaskischools.org</a>
<a href="mailto:njhaydon@pulaskischools.org">njhaydon@pulaskischools.org</a>
<a href="mailto:hjhedsand@pulaskischools.org">hjhedsand@pulaskischools.org</a>

**Please contact your coach directly if you have questions.**

**#RaiderStrong**



# 2022-2023 Pulaski High School May Code Meeting

#WeAreRaiderStrong



# After you have viewed the Athletic Code Meeting:

Then complete the form before August 1st to mark your attendance: <https://forms.gle/TkMSYR5Fp5Mcyxzi9>  
Thank you