

**WHITESIDE MIDDLE SCHOOL**  
**ATHLETIC TEAM TRY-OUT & PARTICIPATION REQUIREMENTS 2025-2026 School Year**

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All students wanting to participate in any sports activity listed below **MUST** have the following turned in to the middle school office by the deadline in order to participate in try-outs.

**Sports Packets must be renewed yearly and are valid for the whole school year.**

Questions may be directed to coaches by e-mail.

- **Current physical (less than one year old as of tryout date)**
    - Must Have Approval to Participate in Athletics/Sports Box Checked
    - Must be SIGNED and Filled out by a Physician, N.P., or P.A. to be valid
  - **2025-2026 Sports packet (only one required per school year)**
    1. Certificate of Physical Fitness for Participation
    2. Agreement to Participate
    3. Medical Authorization Form
    4. Concussion Information Acknowledgement
  - **Registration fee and all incidental fees (lunch, IDs, library, etc.) paid**
  - **No more than one F to be academically eligible (not applicable for August tryouts)**
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**Note: If your student makes a team, an Activity Fee of \$25 for the first activity and \$10 for each additional activity is due two (2) weeks following tryouts or by the first game, whichever comes first. This is not required for tryouts.**

Students with any outstanding fees on any given Monday will have until Friday of that week to make payment. Students will be required to "sit out" the following week until all fees are paid. If not paid by Friday of the second week, the student will be removed from the team.

The district allows a student to modify his or her athletic or team uniform for the purpose of modesty in clothing or attire that is in accordance with the requirements of his or her religion or his or her cultural values of modesty preferences. A student is not required to receive the prior approval of the school administration for such modifications.

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**Early Fall Sports- Open to Incoming 5<sup>th</sup>- 8<sup>th</sup> Graders**

- Physical, sports packet, and fees due by **July 16th**
- Baseball- Coach Troy Griffith- [troy.griffith@wssd115.org](mailto:troy.griffith@wssd115.org)
- Tryouts: July 28th and July 29th from 9am to 11am
- Softball- Coach Abby Gray- [abigail.gray@wssd115.org](mailto:abigail.gray@wssd115.org)
- Tryouts: July 28th and July 29th from 9am to 11am

**Intermediate Fall Sports – Open to Incoming 5<sup>th</sup>-8<sup>th</sup> Graders**

- Cross Country – Coach Luke Ryterski- [luke.ryterski@wssd115.org](mailto:luke.ryterski@wssd115.org)
- Tryouts: July 21st and July 22nd from 8am to 10am
- Physical, sports packet, and fees due by **July 16th**

**Late Fall Sports**

- Cheerleading – 7<sup>th</sup> & 8<sup>th</sup> Graders – Coach Ashley Brown [ashley.brown@wssd115.org](mailto:ashley.brown@wssd115.org) & Coach Elizabeth Thurman
- Tryouts: Mid-September/ Early October

**Physical, sports packet, and fees due by September 10th**

- Boys' Basketball –Coach Coach Camren Stacy (7-8) [camren.stacy@wssd115.org](mailto:camren.stacy@wssd115.org)  
- Coach Quani Rudd (5-6) [quani.rudd@wssd115.org](mailto:quani.rudd@wssd115.org)
- Girls Basketball - Coach TBD (7-8) Walter Jackson [walter.jackson@wssd115.org](mailto:walter.jackson@wssd115.org)  
- Coach TBD (5-6) Javis Taylor [javis.taylor@wssd115.org](mailto:javis.taylor@wssd115.org)
- Tryouts first or second week in October
- Physical, sports packet, and fees due by **September 24th**

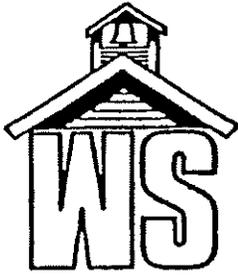
**Winter Sports**

- Boys' Volleyball- Coach Camren Stacy & Jacob Kahn (5-8) [camren.stacy@wssd115.org](mailto:camren.stacy@wssd115.org) & [jacob.kahn@wssd115.org](mailto:jacob.kahn@wssd115.org)
- Girls' Volleyball- Coach Dawn Vollmer (7-8) [dawn.vollmer@wssd115.org](mailto:dawn.vollmer@wssd115.org)  
- Coach Jarrah Lindley(5-6) [jarrah.lindley@wssd115.org](mailto:jarrah.lindley@wssd115.org)
- Bowling (Grades 5-8) – Coach Abby Gray- [abigail.gray@wssd115.org](mailto:abigail.gray@wssd115.org)
- Tryouts first or second week in January
- Physical, sports packet, and fees due by **December 11th**

**Spring Sports**

- Boys' Track (Grades 6-8) – Coach Coach Camren Stacy [camren.stacy@wssd115.org](mailto:camren.stacy@wssd115.org)
- Girls' Track (Grades 6-8) – Coach Erin Strinni [erin.strinni@wssd115.org](mailto:erin.strinni@wssd115.org)
- Golf (Grades 5-8)- Coach Dennis Martinez- [dennis.martinez@wssd115.org](mailto:dennis.martinez@wssd115.org)
- Soccer (Co- Ed- Girls and Boys) - Coach Dawn Vollmer - [dawn.vollmer@wssd115.org](mailto:dawn.vollmer@wssd115.org)
- Tryouts second week of March
- Physical, sports packet, and fees due by **March 3rd**





**WHITESIDE SCHOOL DISTRICT 115**

111 Warrior Way  
Belleville, Illinois 62221

Telephone 618 239-0000  
Middle School Fax 618 239-9240  
Elementary School Fax 618 233-7931

<http://www.wssd115.org>

*Mark Heuring*  
Superintendent  
*Monica Laurent*  
Middle School Principal  
*Jamie Coffo*  
Middle School Associate Principal  
*Nathan Rakers*  
Elementary Principal  
*Kim Bossler*  
Elementary Assistant Principal

**Athletic and Extra Curricular Teams Agreement to Participate:**

Student Name: \_\_\_\_\_

Sport or Activity: (Please check all that apply.)

Grade: \_\_\_\_\_

- |                                           |                                            |                                       |
|-------------------------------------------|--------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Softball         | <input type="checkbox"/> Girls' Basketball | <input type="checkbox"/> Scholar Bowl |
| <input type="checkbox"/> Baseball         | <input type="checkbox"/> Volleyball        | <input type="checkbox"/> Chess        |
| <input type="checkbox"/> Soccer           | <input type="checkbox"/> Cheerleading      | <input type="checkbox"/> Bowling      |
| <input type="checkbox"/> Boys' Basketball | <input type="checkbox"/> Track             | <input type="checkbox"/> Golf         |

**TO BE COMPLETED BY THE STUDENT-PARTICIPANT**

In consideration of the Whiteside School District permitting me to participate in the above sport(s) or activity, I agree as follows:

- I will abide by all conduct rules and will behave in a sportsmanlike manner.
- I will follow the coach/sponsor's instructions, playing techniques, training schedule and safety rules for the above sport or activity.
- I acknowledge that I am aware that participation in the above sport or activity may involve **many risks of injury**. A serious injury may result in physical impairment or even death. I hereby assume all the risks associated with participation and agree to hold Whiteside School District 115, its employees, agents, coaches, School Board members, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in the above activity or sport. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family. will abide by all conduct rules of Whiteside School District.

Date \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Signature of Student

**TO BE COMPLETED BY THE PARENT/GUARDIAN**

I, \_\_\_\_\_ am the parent(s)/guardian(s) of the above named student. I have read the above Agreement to Participate and understand its terms. I understand that all sports can involve many **RISKS OF INJURY**. In consideration of the School District permitting my child/ward to participate in the above sport or activity, I agree to hold Whiteside School District 115, its employees, agents, coaches, School Board members and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with the participation of my child/ward in the above sport or activity. I understand and accept the selection process and the expectations as set forth by the coach of this activity. I will provide transportation to and from practices and scheduled events when needed. I assume all responsibility and certify that my child is in good physical health and is capable of participation in the above mentioned sport/activity.

Date \_\_\_\_\_, 20\_\_\_\_\_

\_\_\_\_\_  
Signature of Parent(s)/Guardian(s)

Contact Phone Number \_\_\_\_\_ Contact email address \_\_\_\_\_



# Certificate of Physical Fitness for Participation in Athletics –2025-2026

To be submitted to the Principal's Office

Student:	Grade:
Sport or Activity:	

I am the parent(s)/guardian(s) of the above student. I certify that my child/ward is in good physical health and is capable of participation in the above mentioned sport or activity. No need exists to limit his/her participation. I assume full responsibility for his/her physical condition and participation. I will notify you of any changes in his/her physical condition. I have completed and submitted the **Authorization for Medical Treatment** form allowing the school to seek medical treatment for my child in the event of a medical emergency when reasonable attempts to contact me are unsuccessful. If my child requires or may need medication while participating in athletics, I have completed and submitted the **School Medication Authorization Form**.

Parent(s)/Guardian(s) Name:			
Home Address:			
Telephone Number:		Business Phone:	
Child/Ward's Date of Birth:			
Physician's Name:		Telephone Number:	

Medical History:	Yes	No		Yes	No
Heart Condition	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
Allergies	<input type="checkbox"/>	<input type="checkbox"/>	Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Other		

1. Injuries and/or operations during the past year? (include dates)
2. Has your child/ward's physical activity been restricted during the past year? (Reason and Duration)
3. Is your child/ward taking any medication?                     Yes                     No

If yes, why?                    Name of medication:

Signature of Parent(s)/Guardian(s);	
Date:	

## Whiteside School District 115 Concussion Information

### What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents, and students is the key to student-athlete's safety. The district will follow the graduated return to school protocol developed by the Sports Concussion Institute.

### If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours, IHSA Policy requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with the state law, all IHSA member schools are required to follow this policy.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Students-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

## Concussion Information Sheet

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document Created 7/1/2011

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>Headaches</li> <li>"Pressure in head"</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>Amnesia</li> <li>"Don't feel right"</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul>

<b>Signs observed by teammates, parents and coaches include:</b>
<ul style="list-style-type: none"> <li>Appears dazed</li> <li>Vacant facial expression</li> <li>Confused about assignment</li> <li>Forgets plays</li> <li>Is unsure of game, score, or opponent</li> <li>Moves clumsily or displays incoordination</li> <li>Answers questions slowly</li> <li>Slurred speech</li> <li>Shows behavior or personality changes</li> <li>Can't recall events prior to hit</li> <li>Can't recall events after hit</li> <li>Seizures or convulsions</li> <li>Any change in typical behavior or personality</li> <li>Loses consciousness</li> </ul>

