

**WHITESIDE MIDDLE SCHOOL**  
**ATHLETIC TEAM TRY-OUT & PARTICIPATION REQUIREMENTS 2022-2023 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 or the athletic director by e-mail at [joe.glynn@wssd115.org](mailto:joe.glynn@wssd115.org).

- **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
  - **2022-2023 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
    5. Covid Waiver
  - **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**

- **Baseball- Coach Troy Griffith- [troy.griffith@wssd115.org](mailto:troy.griffith@wssd115.org)**
  - Tryouts: July 19th and 20th
  - Physical, sports packet, and fees due by Friday, Jul 15, 2022
- **Softball- Coach Amanda Dermody- [amanda.dermody@wssd115.org](mailto:amanda.dermody@wssd115.org)**
- **Soccer (Co- Ed- Girls and Boys) - Coach Dawn Vollmer - [dawn.vollmer@wssd115.org](mailto:dawn.vollmer@wssd115.org)**
  - Tryouts: August 1st and 2nd
  - Physical, sports packet, and fees due by Wednesday, July 27

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

- **Cross Country – Coach April Nail- [april.nail@wssd115.org](mailto:april.nail@wssd115.org)**
  - Tryouts: August 11th
  - Physical, sports packet, and fees due by Monday, August 8th

**Late Fall Sports**

- **Cheerleading – 7<sup>th</sup> & 8<sup>th</sup> Graders – Coach Nicole Moore- [nicole.moore@wssd115.org](mailto:nicole.moore@wssd115.org)**
  - Tryouts: September 16th
  - Physical, sports packet, and fees due by Tuesday, September 13
- **Boys' Basketball –Coach Troy Griffith (7-8) [Troy.Griffith@wssd115.org](mailto:Troy.Griffith@wssd115.org)**
  - Coach Dawson Vernhines (5-6) [dawson.verhines@wssd115.org](mailto:dawson.verhines@wssd115.org)
- **Girls Basketball - Coach Joe Glynn (7-8) [joe.glynn@wssd115.org](mailto:joe.glynn@wssd115.org)**
  - Coach Emily Nelson (5-6) [emily.nelson@wssd115.org](mailto:emily.nelson@wssd115.org)
- Tryouts first or second week in October
- Physical, sports packet, and fees due by Wednesday, September 28

**Winter Sports**

- **Boys' Volleyball- Coach Kelsey Smith (7-8)- [kelsey.smith@wssd115.org](mailto:kelsey.smith@wssd115.org)**
  - Coach TBD (5-6)
- **Girls' Volleyball- Coach Allison Baldwin (7-8)- [allison.baldwin@wssd115.org](mailto:allison.baldwin@wssd115.org)**
  - Coach Shea Lodes (5-6)- [shea.lodes@wssd115.org](mailto:shea.lodes@wssd115.org)
- **Bowling (Grades 5-8) – Coach Jessica Gain- [jessica.gain@wssd115.org](mailto:jessica.gain@wssd115.org)**
  - Tryouts first or second week in January
  - Physical, sports packet, and fees due by Wednesday, December 7

**Spring Sports**

- **Boys' Track (Grades 6-8) – Coach Troy Griffith [troy.griffith@wssd115.org](mailto:troy.griffith@wssd115.org)**
- **Girls' Track (Grades 6-8) – Coach Emily Nelson [emily.nelson@wssd115.org](mailto:emily.nelson@wssd115.org)**
- **Golf (Grades 5-8)- Coach Dennis Martinez- [dennis.martinez@wssd115.org](mailto:dennis.martinez@wssd115.org)**
  - Tryouts second week of March
  - Physical, sports packet, and fees due by Monday, March 6