

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

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.

Early Fall Sports- Open to Incoming 5th- 8th Graders

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

Intermediate Fall Sports – Open to Incoming 5th-8th Graders

- Cross Country – Coach Luke Ryterski- 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 – 7th & 8th Graders – Coach Dekoria Conway
 - Tryouts: Mid-September/ Early October
 - Physical, sports packet, and fees due by **September 10th**
- Boys' Basketball –Coach TBD (7-8)
 - Coach Quani Rudd (5-6) quani.rudd@wssd115.org
- Girls Basketball - Coach TBD (7-8)
 - Coach TBD (5-6)
- Tryouts first or second week in October
- Physical, sports packet, and fees due by **September 24th**

Winter Sports

- Boys' Volleyball- Coach Kelsey Smith (5-8)- kelsey.smith@wssd115.org
- Girls' Volleyball- Coach Addison Burris (7-8)- addison.burris@wssd115.org
 - Coach Alex Dahm (5-6)
- Bowling (Grades 5-8) – Coach Kai Ellis kai.ellis@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 Quani Rudd quani.rudd@wssd115.org
- Girls' Track (Grades 6-8) – Coach Erin Strinni erin.strinni@wssd115.org
- Golf (Grades 5-8)- Coach Dennis Martinez- dennis.martinez@wssd115.org
- Soccer (Co- Ed- Girls and Boys) - Coach Dawn Vollmer - dawn.vollmer@wssd115.org
 - Tryouts second week of March
 - Physical, sports packet, and fees due by **March 3rd**