



**Fall 2019 opening practice dates:**

<u>Team</u>	<u>Date</u>	<u>Time</u>
Varsity Cross Country (Boys and Girls)	August 5	7:30 – 9:00 a.m. WCDS
Varsity Tennis (Girls)	August 5	5:00 – 6:30 p.m. Willow Creek
Varsity Volleyball (Girls)	August 5	3:30 – 5:30 p.m.
Varsity Soccer (Boys)	August 5	8:00 – 10:00 a.m.
Varsity Golf (Girls)	August 21	3:30 – 5:30 p.m. Emerywood CC
Middle School Cross Country (Boys and Girls)	August 21	2:25 – 3:30 p.m. WCDS
Middle School Soccer (Boys)	August 21	2:25 – 4:00 p.m.
Middle School Volleyball (Girls)	August 21	2:25 – 4:00 p.m.

- Grades 7-12 are eligible for Varsity teams.
- Grades 6-8 are eligible for Middle School teams.
- The coaching staff will determine what level is appropriate for each athlete.
- Middle Schoolers who qualify to move up to a JV or Varsity level will only be allowed to do so with parent permission.
- **PHYSICALS ARE REQUIRED EACH YEAR!** An athlete must have this done **before** beginning practice with a specific team. The coach of each team is responsible for collecting the health/parent permission and concussion forms (available on our website). Please have completed forms with you when you report to practice. Make a copy and keep it on file in case the originals get misplaced.
- Please be aware that CUTS ARE POSSIBLE and that spots on a team are not guaranteed from year to year. Our intention is to include as many students as will allow for a quality program to exist.
- When finalized, game schedules will be available on the school website. Please call Adam Schwartz at 822-4063 or email at adam.schwartz@westchestercds.org, if you have any general questions or concerns.