

WAHAWK ATHLETICS

FALL SPORTS PRACTICES

Fall sports begin practices on August 10th before school starts.

Football

Fresh: 9:00 am-Noon, 6-8 pm

Soph: 9:15-11:30 am, 1-4:15 pm,
6-8:00 pm

Varsity: 8-11:30 am, 1-3:00 pm,
6-8:00 pm

Boys' Golf

9:00 am-2:00 pm, Gates Course

Girls' Swimming

5:30 am—Weight Training

3 pm—Swimming

Volleyball

Freshman: 7:00-9:00 am

Sophomore: 5:30-7:30 pm

Varsity: 2:30-5:30 pm

Girls' & Boys' Cross Country

7:00 am & 3:00 pm

ATHLETIC PHYSICALS & INSURANCE INFORMATION

All athletes are required to have physicals and insurance coverage to participate in sports. This information must be turned into to the Athletic Office **before** participating in practices. Forms can be obtained in the Athletic Office or in the Main Office at West. Athletes will not be allowed to participate until the appropriate information is turned in.

STUDENT SPORTS PASSES

West High students can purchase Athletic Passes in the West High Business Office. These passes allow them entrance to all West High home athletic events. Passes cost \$40.

ATHLETIC WEBSITE

Please visit

www.wahawkathletics.org

for information about West High Athletics. Schedules, news, photos, forms, and team information are all available from this site. It is constantly updated.

ATHLETIC OFFICE

For information regarding athletics, please contact the Athletic Office at 433-2707.



GO WEST HIGH WAHAWKS!