

Cougar News

July 2018

High school fall sports:

MHSAA fall sport coaches across the State of Michigan are geared-up for practices to begin on *Wednesday, August 8th*! Our WCA coaches are excited to get back on the field, court and course!

The mandatory varsity practice times will be as follows starting *Wednesday, August 8th*:

- Varsity volleyball (9th-12th grades) 6:00pm-8:00pm
- Varsity cross country (9th-12th grades) 8:00am-9:30am
- Varsity boys' soccer (8th-12th grades) 8:30am-10:30am and 5:30pm-7:30pm
- Varsity football at NAJ (9th-12th grades) 5:00pm-8:00pm

An updated physical form is mandatory before your student-athlete will be permitted to practice with his/her team. Please, be diligent in turning in his/her signed physical form to the office before August 8th. The coaches thank you!

**Please note that we had so many sign-up for soccer in the fall that we will once again have two separate teams! There will be the boys' soccer team in the fall and the girls' soccer team in the spring! Go Cougars!*

Middle school fall sports:

For all those interested in participating in volleyball, cross country or football, **practices will begin on Thursday, August 23rd immediately following dismissal at 3:30 PM.** The coaches are eager to start working with their student-athletes!

The practice times are as follows:

- 5th/6th grade volleyball 3:30pm-5:00pm
- 7th/8th grade volleyball 3:30pm-5:30pm
- 6th-8th grades cross country 3:30pm-5:00pm
- 6th-8th grades football at NAJ 4:00pm-6:00pm (Practices will begin on Wednesday, August 22nd.)

Student-athletes need the following for the first day of practice;

- ***An updated physical health form.***
- All 7th and 8th graders are to practice in their PE uniform.
- 5th and 6th graders are to wear athletic clothes that DO NOT include short shorts, spandex or tank tops.
- Proper shoes that are only to be worn for their specific sport.
- Knee pads are needed for volleyball.
- A water bottle with your name on it.

Physical health forms:

All student-athletes are required by MHSAA and WCA to have an updated physical health form on file *before* the start of their first practice. If he/she does not have an updated form on file he/she *will not* be permitted to participate in practices until the physician signed physical health form is turned into the coach or office. Blank health forms can be found in the main office or printed off at MHSAA at <https://www.mhsaa.com/Schools/Health-Safety-Resources> Scroll down to the middle of the page and click on "Physical Exam/Medical History Form (4 pages)".

Sincerely,
The WCA Athletic Department
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