



Cougar News - 3/18/2024

A slow news week in between our seasons, but there are a couple important news items to be aware of in the upcoming weeks.

Don't forget our Winter Sports Celebration will be Tuesday, March 19th at 6 pm. Pizza will be provided (donations appreciated 😊) and we'll have a great night honoring all our athletes from the winter seasons. If you were involved in a sport here at WCA this winter (middle school basketball, high school basketball, or high school bowling) we would love for you to be there and celebrate the great season we had.

Track practice is off and running. We're excited to pick up where the team left off after a very successful season in 2023. Practice is after school here at WCA most days and meet at Litchfield High School track once a week.

Golf practice tees off this week on Wednesday. I know the team has been looking forward to the season. Now all we need is for the weather to know that it's golf season.

Our spring Trap season will be starting soon. Practice starts April 2nd at 4:15 pm and will be every Tuesday and Saturday - Tuesdays right after school and Saturday at 10 am. Please make sure you have your registration completed before March 24th. We look forward to updates as the season gets closer.

The Cougar Strength Program continues to meet an hour after school every Monday and Friday for any high schooler interested in attending. It's a great way to stay strong in the offseason, supplement practice during the season, or just get more fit.

Please contact me if you have any questions or concerns.

[Lucas Westblade](#)

Athletic Director

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Upcoming Cougar Sporting Events:

Tuesday 3/19

Winter Sports Banquet/Celebration – 6 pm @ WCA gym

Tuesday 4/16

First Middle School Track & Field Meet @ Camden-Frontier

Wednesday 4/17

First High School Track & Field Meet @ Pittsford

Friday 4/19

First High School Golf Outing @ Battle Creek Academy