

Cougar News - 8/18/2026



Welcome back to school and to your Cougar News! This is your weekly guide to all the Will Carleton Academy athletic goings on. I hope you will find it informative as we do our best to keep you up to date as well as celebrate the great student-athletes here at our school! I will also take a minute to let you know I welcome any photos, stories, or even corrections you might have. Please send your input to wca.athletics@wcak12.org

While for many of us this is our first day back at school, several athletes have been hard at work preparing for the fall seasons. Our high school cross country, volleyball, soccer, and football (with North Adams-Jerome) teams have all been practicing since August 10th. If you missed those start dates, don't worry, we would still love for you to join.

Our middle school teams will all officially start practice on the first day of school. Again if you didn't know and would still like to participate, we would love for you to join. Please make sure you have a sports physical on file in the office and then we'll catch you up.

Here's a list of practice times

High School Volleyball: 5:30-7:00

Middle School Volleyball 3:30-5:30

All Cross Country: 3:30-5:00

High School Football (with North Adams-Jerome)

Middle School Football (with North Adams-Jerome)

High School Sideline Cheer (with North Adams-Jerome)

Varsity Soccer: 3:30-5:30

Fall Trap - Registration is open until Sept 7 and practice starts Sept 13

We will continue to use the TeamReach app to communicate team specific information as we did for the winter and spring seasons last year. It has been a very effective way to keep everyone in the loop. It's easy to add new folks and a good way to connect and communicate. If you need an invite to the app or the team, please let me know.



It's crazy to see already, but in this first week, we do have some games our high school teams will be competing in. We love to have a good crowd to cheer on our classmates, schoolmates, and fellow Cougars. We would love for you to come out and support our teams.

Upcoming Cougar Sporting events:

Tuesday 8/18

Middle School Cross Country practice starts

Middle School Football practice starts (@ NAJ)

Middle School Volleyball practice starts

Wednesday 8/19

High School Cross Country @ Pittsford at 4:30

High School Soccer home v Quincy 5:30pm

Friday 8/21

High School Soccer home v Jonesville 5:30pm

Please contact me if you have any questions or concerns.

[Lucas Westblade](#)

Athletic Director

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Go, Green! Go, Gold!

