
Athletics

For the most up-to-date information, check the website:

<http://whs.wsd.wednet.edu/Faculty/Athletics/Athletichome.html>

For comprehensive information on each sport, including participation dates, practice info, expenses involved, post-season info, click on *Sports Information* on the Athletics website.

Check the website frequently for schedule changes. Check with the coach regarding vacation and holiday workout schedules.

How does my student get to practice if it is away from the high school campus?

The athlete is responsible for getting themselves to and from practices when practices occur off-campus. If the athlete does not have their own transportation, parents must make arrangements to transport them. All athletes traveling in personal vehicles must sign a permission form.

How does my student travel to out-of-town competitions?

For out of town competitions (this includes Eastmont), the student-athlete rides the school bus, charter bus, or school vehicle. The coach communicates to the students when they need to arrive for departure. In the event the parent wants to transport their son/daughter to or from the competition via private vehicle, a permission slip is signed by the parent, the coach, and the athletic director, and submitted at least one day before the competition.

What should my student bring to out-of-town competitions?

The following is a list of suggested items to consider sending with your son/daughter: water, sport drinks, healthy food (power bars, fruit, snacks, etc.), extra clothing, sunscreen, sunglasses, rain gear, pillow, blanket, homework, music, money (teams normally stop after competitions for a meal).

What is the parent involvement in your student's sport?

Team pictures are taken shortly after the sport gets underway. Order forms will be sent home with all participants. Team activities are periodically planned and parents often provide varying levels of assistance. Sometimes these activities occur at a student's home. Often, students sign up to bring food to these activities. Parents need to coordinate transportation to and from team activities.

Parents are encouraged to join the Booster Club, which raises money to support our athletic programs, providing many of the necessary resources, including equipment and uniforms. Each sport has events at which they help in the concession stand, as one of the fundraisers for the Booster Club.
