

# **2012 Spring Sports @ Walnut Hills**

## **What You Need to Know and Do TODAY**

**TOM DONNELLY, ATHLETIC DIRECTOR**

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**[ATHLETIC WEB PAGE: www.walnuthillseagles.com/sports/](http://www.walnuthillseagles.com/sports/)**

*To tryout or participate in any way, you must have all paperwork completed by the date indicated for your sport. Details are at the end of this flyer.*

**-All activities are at WHHS unless noted otherwise-**

### **Girls High School Track and Field**

- 1) MUST have all \*paperwork completed by March 5.**
- 2) Mandatory Meeting: Tuesday, Feb 14, 4 pm, Forum**
- 3) Practice/Tryouts: Begin March 5, contact Coach Robinson TODAY for all details & about any activities before March 5, including Pancake Brunch.**
- 4) Coach Robinson, [arklug@yahoo.com](mailto:arklug@yahoo.com), 919-0406.**
- 5) Web page: <https://sites.google.com/site/walnuthillsgirlstrackfield/home>**

### **Boys High School Track and Field**

- 1) MUST have all \*paperwork completed by March 5.**
- 2) Practice/Tryouts: Begin March 5, contact Coach Valenzano TODAY for all details and about any activities before March 5.**
- 3) Coach Valenzano, [valenzb@cps-k12.org](mailto:valenzb@cps-k12.org), 363-8433 .**

### **JH Track and Field**

- 1) MUST have all \*paperwork completed by March 5.**
- 2) Practice/Tryouts: Begin March 5, contact Coach Stocker TODAY for all details and about any activities before March 5.**
- 3) Coach Stocker, [stocked@cps-k12.org](mailto:stocked@cps-k12.org) , 675-1609.**

### **Girls JH and HS Lacrosse**

- 1) MUST have all \*paperwork completed by Feb 29.**
- 2) Practice: Begins Feb 29, contact Coach Shea TODAY for all details and about any activities before Feb 29.**
- 3) Coach Shea, [mshea0129@gmail.com](mailto:mshea0129@gmail.com) , 218-3557.**

### **Boys JH and HS Lacrosse**

- 1) MUST have all \*paperwork completed by Feb 27.**
- 2) Practice: Begins Feb 27, contact Coach Becker TODAY for all details and about any activities before Feb 27.**
- 3) Coach Becker, [timbeckerlaborconsultant@gmail.com](mailto:timbeckerlaborconsultant@gmail.com), 309-8094.**
- 4) Note: Be aware that there are additional equipment expenses required to participate in this sport. (Do not purchase before consulting with the coach.)**

## High School Baseball

- 1) **MUST** have all \*paperwork completed by Feb 20.
- 2) Tryouts: Begins Feb 20. Contact Coach Finley TODAY for all details and about any activities before Feb 20.
- 3) Coach Finley, [dfinley17@yahoo.com](mailto:dfinley17@yahoo.com), 652-1717.

## JH Baseball

- 1) Contact Aaron Zupka for details and about JH baseball activities at [Zupkaaa@cpsboe.k12.oh.us](mailto:Zupkaaa@cpsboe.k12.oh.us), 363-8601.

## High School Softball

- 1) **MUST** have all \*paperwork completed by Feb 20.
- 2) Tryouts: Begins Feb 20. Contact Coach Rave TODAY for all details and about any activities before Feb 20.
- 3) Coach Rave, [RaveMar@cps-k12.org](mailto:RaveMar@cps-k12.org), 476-7908.

## Boys High School & JH Tennis

- 1) **MUST** have all \*paperwork completed by February 24. Put in Aaron Zupka's mailbox in the main office.
- 2) Practice/Tryouts: Begins March 5. Contact Coach Levine TODAY for all details and location of tryouts and practice
- 3) Contact Coach Levine at [slevine3@cinci.rr.com](mailto:slevine3@cinci.rr.com), 859-250-2309.

### \*PAPERWORK YOU MUST COMPLETE

- 1.) OHSAA Preparticipation Physical Form (Sports Physical).
  - 2.) Emergency Medical Authorization Form.
  - 3.) CPS Release of Liability, Etc., (Grades 7-8 or Grades 9-12).
  - 4.) CPS Transportation Waiver Form.
  - 5.) Beacon Authorization to Disclose Personal Health Insurance.
- All these forms are available outside the athletic office near the gym or on the WHHS web page: <http://www.walnuthillseagles.com/sports/>.

### DO YOU STILL HAVE A VALID SPORTS PHYSICAL?

They are good for one year. Call Aaron Zupka at 363-8601 as soon as possible to see if your physical is still valid.

### WHERE TO GET A SPORT PHYSICAL

Here are some ideas. We are not endorsing any medical provider; we are simply sharing what we have learned over the years.

1. Your primary care physician. It may be difficult to get an appointment in time for tryouts. If you've had a recent physical, you can ask them if they would fill out the OHSAA sports physical based on that prior examination.
2. Consider an "Urgent Care", "The Little Clinic" in Krogers, or "Take Care Clinics" in Walgreens. Use the phone book or internet to locate them; the Athletic Dept does not keep contact info for them. Bring your OHSAA sports physical form and they will do it without an appointment.