

2009 Winter Sports @ Walnut Hills

What You Need to Know and Do

TOM DONNELLY, ATHLETIC DIRECTOR

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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-

Varsity, JV & 9th Grade Women's Basketball

- 1) **MUST** have all *paperwork completed by Oct 30.
- 2) **Tryouts: Oct 30, 9th graders, 4:45-5:45, 10th & 11th graders, 5:45-6:45 and you will be told when to report on Oct 31; 12th graders, Oct 31, 3-5. For ongoing open gym & conditioning, contact Coach.**
- 3) **Questions: Coach Johnson, coachaj513@yahoo.com, 225-3566.**

7th & 8th Girls Basketball

- 1) **MUST** have all *paperwork completed by Oct 30.
- 2) **Meeting: Tues, Oct 20, 2:45, Conference Rm.**
- 3) **Tryouts: 7th Grade: Oct 30, 2:45-3:45 & Oct 31, 10-11am. 8th Grade: Oct 30, 3:45-4:45 & Oct 31, 11am-12. For ongoing open gym & conditioning, contact Coach.**
- 4) **Questions: Coach Johnson, coachaj513@yahoo.com, 225-3566.**

Varsity, JV & 9th Grade Men's Basketball

- 1) **MUST** have all *paperwork completed by Nov 6.
- 2) **Tryouts: 9th grade team tryouts, Nov 6, 4:30-6:30, Nov 7, 9:30-11:30am. JV team tryouts, Nov 6, 4:30-6:30, Nov 7, 9:30-11:30am, Nov 8, 2-4. Varsity team tryouts, Nov 6, 6:30-8:30, Nov 7, 11:30-1:30, Nov 8, 6-8. For ongoing open gym & conditioning, contact Coach.**
- 3) **Questions: Coach Moman, coachmoman@hotmail.com, 290-7716.**

7th & 8th Boys Basketball

- 1) **MUST** have all *paperwork completed by Nov 6.
- 2) **Meeting: Oct 23, 2:45, Rm. 334. Tryouts: Nov 6, 2:45-4:30, Nov 7, 7:30-9:30am, Nov 9, 2:45-4:30. For ongoing open gym & conditioning, contact Coach.**
- 3) **Questions: Coach Martin, MartiJa@cpsboe.k12.oh.us, 363-8525.**

Varsity & JV Cheerleading & Dance Team

- 1) **Teams were selected this fall.**

High School Bowling

- 1) **MUST** have all *paperwork completed by Nov 13.
- 2) **Open Bowling & Tryouts: For information regarding open bowling & tryouts, contact Coach Ficklin at 523-659-3330 and leave a message that will be returned.**

High School Swimming & Diving

- 1) **MUST** have all *paperwork completed by Nov 6.
- 2) **Swimming Practice & Tryouts:** Nov 6, 9, 10, 11, 12, 4-6 pm, WHHS pool.
- 3) **Questions:** Coach Lynch, GLynch9394@aol.com , 519-7968.
- 4) **For Diving,** contact Tom Donnelly, donnelt@cps-k12.org, 363-8602.

Junior High School Swimming & Diving

- 1) **MUST** have all *paperwork completed by Nov 9.
- 2) **Swimming Practice & Tryouts:** Nov 9, 10, 11, 2:45-4 pm, WHHS pool.
- 3) **Meeting:** Thurs, Oct 22, 2:45-3:15, Rm. 231.
- 4) **Questions:** Coach Megan Kenny, Megan.C.Kenny@gmail.com, 264-7685.
- 5) **For Diving,** contact Tom Donnelly, donnelt@cps-k12.org, 363-8602.

Wrestling Club

- 1.) **Meeting:** Monday, Oct 19, 2:45, Conference Rm. **Questions:** Coach Mincy, mincyem@cpsboe.k12.oh.us, 379-4563.

*PAPERWORK YOU MUST COMPLETE

- 1.) **Only** the OHSAA Preparticipation Physical Form (Sports Physical) 4 pages, will be accepted.
 - 2.) **Emergency Medical Authorization Form.**
 - 3.) **CPS Release of Liability/Informed Consent/Assumption of Risk Waiver (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 363-8601 and leave a message. Call as soon as possible.

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. **AT WALNUT HILLS:** Beacon Orthopaedics is offering a \$10 sport physical in the Arcade on Tuesday, October 27, from 6:30 to 8pm. No appointment needed. Walk-ins welcome until 7:45. Dress in shorts. Only cash or checks (payable to Beacon) accepted. Parent/guardian must complete page 1 before physical can be started.
2. **Your primary care physician.** Call and arrange an appointment, but it may be difficult to get an appointment in time for your tryouts. If you've had a recent physical with your doctor, you can ask them if they would fill out the OHSAA sports physical based on that prior examination.
3. **Go to an Urgent Care.** They have a number of offices and are in the phone book. Bring your OHSAA sports physical form to an office and they will do it without an appointment.