



## What You Need to Know and Do: 2019 Winter Sports

Contact coaches immediately, many important activities are going on right now!

**To tryout or participate, you MUST**  
**1.) Sign all forms on Final Forms, and**  
**2.) Turn in Your Completed Sports Physical**  
**(OHSAA Preparticipation Physical Form)**

All form can be found at: [cps-oh.finalforms.com](http://cps-oh.finalforms.com)

If you do not have a current account, or have questions, contact  
**Shay Steele at 363-8601 or [steeles@cps-k12.org](mailto:steeles@cps-k12.org)**

### **Sports Physical (OHSAA Preparticipation Physical Form)**

YOU **MUST** HAVE A COMPLETED FORM TO TRYOUT OR PARTICIPATE (*no exceptions*)

For the Sports Physical Form go to Forms on the Web Page, [www.walnuthillseagles.com/sports](http://www.walnuthillseagles.com/sports)

### **Do I still have a valid Sports Physical?**

*These are good for one calendar year.* Is your Sport Physical still valid?

Check your account on Final Forms, all physical expiration dates are documented there.

For additional questions pertaining to sports physicals contact one of our ATCs:

James Muncy ([james\\_muncy@trihealth.com](mailto:james_muncy@trihealth.com))

Nathalie Towchik ([Nathalie\\_towchik@trihealth.com](mailto:Nathalie_towchik@trihealth.com))

### **Where to get a sport physical?**

Consider Urgent Care, Krogers, Walgreens, Walton Mobile, and the like. They can do them same day, no wait, no appointment. Bring your OHSAA sports physical form. Consider your primary care physician, but it may be difficult to get an appointment in time for your tryouts

## Tryout Information for all Winter Sports Teams

### **HS Girls Basketball**

- 1) MUST Register On-Line & have a valid Sports Physical by Oct 25. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Tryouts: HS Gym: Oct 25, 4-6pm. Oct 26, 10-noon. Oct 28, 4-6:30pm.
- 3) For ongoing open gym & conditioning, contact Coach Lazar.
- 4) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 5) Questions: Coach Lazar, [lazarad@cps-k12.org](mailto:lazarad@cps-k12.org), 513-353-8587

### **JH Girls Basketball**

- 1) MUST Register On-Line & have a valid Sports Physical by Oct 25. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Tryouts: Oct 25, 2:45-4:30pm, JH Gym. Oct 26, 8-10am, HS Gym. Oct 28, 2:45-4:30pm, JH Gym.
- 3) For ongoing open gym & conditioning, contact Coach Williams or Coach Person
- 4) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 5) Questions: Coach Person, [raymondperson@gmail.com](mailto:raymondperson@gmail.com), 347-589-9915



### **HS Boys Basketball**

- 1) MUST Register On-Line & have a valid Sports Physical by Nov 1. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Tryouts: 9th graders: Nov 1, 4:30pm-6pm, HS Gym. Nov 2, 10am-12pm in HS Gym.  
10th-12th graders: Nov 1, 6pm-8pm, HS Gym, Nov 2, Varsity 12pm-2pm & JV 2pm-4pm, HS Gym.
- 3) For ongoing open gym & conditioning, contact Coach Hill.
- 3) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3rd in the Auditorium.
- 4) Questions: Coach Hill, [coachricardohill@yahoo.com](mailto:coachricardohill@yahoo.com), 513-237-0604

### **JH Boys Basketball**

- 1) MUST Register On-Line & have a valid Sports Physical by Nov 1. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Tryouts: 7th graders. JH Gym. Nov 1, 4:15pm-6pm. Nov 2, 8am-10am.
  - a. For any ongoing open gym & conditioning, contact Coach Louden.
- 3) Tryouts: 8th graders. JH Gym. Nov 1, 6pm-8pm. Nov 2, 10am-12pm.
  - a. For any ongoing open gym & conditioning, contact Coach McElroy.
- 4) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3rd in the Auditorium.
- 5) Questions: Coach Louden, [donlouden@fuse.net](mailto:donlouden@fuse.net), 513-675-4366 or  
Coach McElroy, [amcelroyjr@yahoo.com](mailto:amcelroyjr@yahoo.com), 513-236-3305

### **High School Bowling**

- 1) MUST Register On-Line & have a valid Sports Physical by Nov 1. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) After-School Bus to Madison Bowl: #4021, 11th bus on Jonathan will take you past Madison Bowl, our home lanes.
- 3) Open Bowling: Oct 14, 15, & 17 (optional but recommended) 3:00-5pm, \$5 each day.
- 4) Mandatory Dates: Oct 21<sup>st</sup>, 22<sup>nd</sup>, & 23<sup>rd</sup> 3pm-5pm
- 5) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 6) All events @ Madison Bowl, 4761 Madison Rd, 45227.
- 7) Questions: Coach Worthen, [Worthera@gmail.com](mailto:Worthera@gmail.com), 513-291-2415

### **HS Indoor Track**

- 1) **MUST** complete parent and student forms via Final Forms & have a valid Sports Physical by Nov 1st. ***You will be turned away from practice every day after until you have registered on-line and provided a valid Sports Physical.***
- 2) Pre-Season Conditioning: M/T/Th, 3:00pm, beginning Sept 23 at the track
- 3) Official practices begin November 4<sup>th</sup> at 3:00pm
- 4) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3rd in the Auditorium. Preseason team meeting to follow.
- 6) Questions: Coach Shay, [steales@cps-k12.org](mailto:steales@cps-k12.org), 513-526-3400

### **HS & JH Cheerleading**

- 1) Teams were selected last spring to allow for participation in summer camps.

### **HS Dance Team**

- 1) Teams were selected in the fall.



### **HS Swimming**

- 1) MUST do Athletic Department On-Line Registration & have a valid Sports Physical by Oct 28th. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Pre-Season Meeting on October 9<sup>th</sup> at 7:00pm in the Auditorium
- 3) Pre-Season Strength & Conditioning: M/W/F, 2:45-4pm, beginning Sept 9 in the Fitness Center.
- 4) Practices starting October 28th M/F 3:45-6pm, T/TH 2:45-5, and Sat 11:00-1:30.
- 5) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 6) Tryouts: Monday, Nov 4th 3:45-5:30, Tuesday, November 5th 2:30-4:30, Thursday, November 7th, 2:45-4:30, Friday, November 8th, 3:45 – 6:00 pm, Non-Club swimmers must attend all four days of tryouts. Club swimmers need only to attend one day of tryouts.
  - Friday, November 8<sup>th</sup>, 2019-2020 Rosters will be emailed and posted on Facebook by Midnight
  - Saturday, November 9<sup>th</sup>- Team Pictures at 12:30.
- 7) Questions: Coach Tammy, [walnuthillsswimming@gmail.com](mailto:walnuthillsswimming@gmail.com),

### **JH School Swimming**

- 1) MUST Register On-Line & have a valid Sports Physical by October 28th. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Pre-Season Meeting on October 9<sup>th</sup> at 7:00pm in the Auditorium
- 3) Practices start Monday October 28, M/W/F 2:45-4:30
- 4) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 5) Tryouts: Nov 4, 6 & 8, 2:45-4:30pm. All swimmers, even year-round swimmers, must attend at least 2 of these 3 days.
- 6) Friday, November 8<sup>th</sup>, 2019-2020 Rosters will be emailed and posted on Facebook by Midnight
- 7) Saturday, November 9<sup>th</sup>- Team Pictures at 12:30.
- 8) Questions: [whjhswwimming@gmail.com](mailto:whjhswwimming@gmail.com)

### **HS & JH Diving**

- 1) MUST Register On-Line & have a valid Sports Physical by Oct. 28. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) Tryouts: Oct. 29, 31. UC Aquatics Center, 2820 Bearcat Way, Cinti, OH 45221. JH: 5-6pm. HS: 6-8pm.
- 3) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 4) Questions: Coach Wolkoff, [dbwolkoff@gmail.com](mailto:dbwolkoff@gmail.com), 513-617-3430

### **HS Wrestling**

- 1) MUST Register On-Line & have a valid Sports Physical by Nov 15. ***You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.***
- 2) For tryouts, open mats, and weightlifting contact Coach Lindsey. First practice TBD.
- 3) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 4) Questions: Contact Coach Lindsey, [matt.lindsey3@gmail.com](mailto:matt.lindsey3@gmail.com) , 513-560-6919

### **JH Wrestling**

- 1) MUST Register On-Line & have a valid Sports Physical by Nov 15. You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 2) For tryouts, open mats, and weightlifting contact Coach Lindsey. First practice TBD.
- 3) Attend the **mandatory** Parent & Player Pre-Season Meeting for **all** winter sports at 6:00pm on Sunday, November 3 in the Auditorium.
- 4) Questions: Contact Coach Lindsey, [matt.lindsey3@gmail.com](mailto:matt.lindsey3@gmail.com) , 513-560-6919