

What You Need to Know and Do

2020 Spring Sports at Walnut Hills

Contact Coaches Immediately, Many Important Activities Are Going on Right Now!

To tryout or participate, you MUST
1.) Register On-Line
2.) Turn In Your Completed Sports Physical

All form can be found at: 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

Info about Sports Physicals is at the end of this document.

TRANSFER STUDENTS

If you are a 10th, 11th or 12th grader & you are new at Walnut Hills you **MUST** contact
AD Steve Ellison, ellisos@cps-k12.org **right away.**

-All activities are at WHHS unless noted otherwise-

High School Track and Field

- 1) **MUST Register On-Line & have Sports Physical by March 4.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Mandatory Meeting:** Feb 5 @ 6:00 PM in Recital Hall
- 4) **Practice/Tryouts:** Begin February 24, 2:45-5:15.
- 5) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 6) Coach Steele, steeles@cps-k12.org
- 7) Coach Walcher, zdubb5252@gmail.com

JH Track and Field

- 8) **MUST Register On-Line & have Sports Physical by March 4.**
- 9) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 10) **Mandatory Meeting:** Feb 5 @ 6:00 PM in Recital Hall
- 11) **Practice/Tryouts:** Begin March 4, 2:45-5:15.
- 12) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 13) **Coach Clukey,** frc256@fuse.net

Girls HS Lacrosse

- 1) **MUST Register On-Line & have Sports Physical by Feb 24.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Tryouts / Practice:** Begins Feb 24, 5:30-6:00pm, Marx Stadium & 6:30-8:00, Christopher South Stadium. Contact Coach Katherine Bowers TODAY for all details and about any activities before Feb 24.
- 4) Attend the Mandatory player meeting on January 17th at 3:15pm – Recital Hall.
- 5) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 6) **Coach Bowers, walnutgirlslacrossecoach@gmail.com, 202-309-0242.**

Girls JH Lacrosse

- 1) **MUST Register On-Line & have Sports Physical by Feb 24.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Tryouts / Practice:** Begins Feb 24, 5-6:30 pm, Christopher South Stadium.
- 4) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8, 2020 in the Auditorium.
- 5) **Coach Katherine Bowers, walnutgirlslacrossecoach@gmail.com, 202-309-0242.**

Boys HS Lacrosse

- 1) **MUST Register On-Line & have Sports Physical by Feb 21.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Mandatory Meeting for Parents/Players:** Feb 17 at 6 pm in the Recital Hall.
- 4) **HS Tryouts/Practices:** Tryouts will begin Feb 24, 7-8:30 pm, Marx Stadium. Contact Coach Miller TODAY for all details & about any activities before Feb 21.
- 5) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium. There will not be a team breakout.
- 6) **Note:** Be aware that there are additional membership and equipment expenses required to participate in this sport. You must be a registered member of US Lacrosse by Feb 21 to participate. You must have your own equipment by Feb 21 to participate including at minimum team colored helmet, mouth guard, stick, shoulder pads, elbow pads, and gloves.
- 7) **Coach Miller, hm.vptg@gmail.com, 513-205-3259.**

Boys JH Lacrosse

- 1) **MUST Register On-Line & have Sports Physical by Feb 14.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Mandatory Meeting for Parents/Players:** Feb 10 at 6 pm in the Recital Hall.
- 4) **JH Practice/Tryouts:** Begin Feb 10, 5:30-7 pm, Marx Stadium. Contact Coach Miller TODAY for all details and about any activities before Feb 14.
- 5) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium. There will not be a team breakout.
- 6) **Note:** Be aware that there are additional equipment expenses required to participate in this sport. You must be a registered member of US Lacrosse by Feb 14 to participate. You must have your own equipment by Feb 14 to participate including at minimum helmet, mouth guard, stick, shoulder pads, elbow pads, and gloves.
- 7) **Coach Miller, hm.vptg@gmail.com, 513-205-3259.**

High School Baseball

- 1) **MUST Register On-Line & have Sports Physical by Feb 24.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Tryouts:** TBA, contact Coach Kuzniczci for more information.
- 4) **Mandatory Meeting for Parents:** Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 5) **Coach Kuzniczci, baseball76mm@aol.com, 513-807-6314.**

JH Baseball

- 1) **MUST Register On-Line & have Sports Physical by Feb 24.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Tryouts:** TBA, **contact coach Kuzniczci for more information**
- 4) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 5) **Practice:** TBA
- 6) **Coach Kuzniczci, baseball76mm@aol.com, 513-807-6314.**

High School Softball

- 1) **MUST Register On-Line & have Sports Physical on or before Feb 24.**
- 2) **You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.**
- 3) **Tryouts:** Feb 24-27th. Time and location at school **TBD**.
 - a. If you want the latest and greatest information leading up to the tryouts, make sure Coach George has a parent and player email so you get information about optional workouts
- 4) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 5) **Contact Coach George with any questions or concerns about tryouts or optional activities scheduled before tryouts, at jayma1091@gmail.com or [419-615-3527](tel:419-615-3527)**

JH Softball

- 1) **MUST Register On-Line & have Sports Physical by March 2.**
- 2) **You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.**
- 3) Tryouts will the week of March 2nd, time and location TBD.
- 4) Attend the *Mandatory* Parent & Player Pre-Season Meeting for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 5) **Contact Coach Carson with any questions or concerns about tryouts or optional activities scheduled before tryouts, at carsonc@cpsboe.k12.oh.us**

Boys High School Tennis

- 1) High school tryouts are scheduled to begin on Walnut Hills HS's six Tony Trabert courts on Monday, March 9, the earliest date allowed by OHSAA. Weekday sessions will begin no later than 4pm and continue until at least 6pm, with specifics to be confirmed closer to the start of the season. Schedule is always subject to change due to weather and other factors. Weekend sessions are a possibility if circumstances dictate. If necessary, indoor time may be sought at a modest per capita cost per player.
- 2) **Each player MUST register online in FinalForms before March 9.** If you are already registered in the 2019-20 school year due to participation in another sport, you must update for spring tennis. Go to <http://www.walnuthillseagles.com/athletics/>. Then, in the menu on the left, click on "Must-Do's to Try Out" and follow the instructions.
- 3) **Each player MUST have submitted an up-to-date Sports Physical before tryouts begin on March 9.**
- 4) **No player in any sport is permitted even to try out unless all registration and sports-physical requirements have been met in full.**
- 5) **Attend the Mandatory Parent & Player Pre-Season Meeting** for *all* spring sports at 6:00pm on March 8 in the Auditorium.
- 6) Please email Coach Liz, ekeller10@mail.bw.edu in advance of tryouts to alert us of your preliminary interest in trying out, even if you are a returning player from last year. In your email please provide the full name and age/grade of the interested player and details about prior playing experience.

Boys JH Tennis

- 1) **Junior high tennis tryouts are expected to begin in mid-March, though a specific date has not yet been set.**
- 2) **Each player MUST register online in Final Forms before March.** If you are already registered in the 2019-2020 school year due to participation in another sport, you must update for spring tennis. Go to <http://www.walnuthillseagles.com/athletics/>. Then, in the menu on the left, click on "Must-Do's to Try Out" and follow the instructions.
- 3) **Each player MUST have submitted an up-to-date Sports Physical before tryouts begin on March 9.** A sports physical is valid for 1 year, so if you have not submitted one since May 31 of 2018, a new one will be needed. On the Walnut Hills Athletics home page (link above), click on "Forms" and then go to "Students & Parents" section and download and print the sports physical form.
- 4) **No player in any sport is permitted even to try out unless all registration and sports-physical requirements have been met in full.**
- 5) **Attend the Mandatory Parent & Player Pre-Season Meeting** for *all* spring sports at 6:00pm on March 10 in the Auditorium.
- 6) Please email Coach Bashara, rpb.45014@yahoo.com in advance of tryouts to alert us of your preliminary interest in trying out, even if you are a returning player from last year. In your email please provide the full name and age/grade of the interested player and details about prior playing experience.

Girls High School Rugby

- 1) **MUST Register On-Line & MUST have Sports Physical by February 15.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Mandatory Meeting for Players/Parents:** Feb 13 at 6 pm in the cafeteria.
- 4) **HS Practice:** Practices will begin Feb 18, 4:30 - 6:30 PM. Location TBD. Contact Coach Raven Jones TODAY for all details & about any activities before Feb 18.
- 5) **Attend the Mandatory Parent & Player Pre-Season Meeting:** for *all* spring sports at 6:00pm on March 8 in the Auditorium. There will not be a team breakout.
- 6) **Note:** Cleats are required to play.
- 7) **If interested, contact Coach Raven Jones:** jones.raven87@gmail.com, 919-946-4350

Boys High School Rugby

- 1) **MUST Register On-Line & MUST have Sports Physical by February 15.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Mandatory Meeting for Players/Parents:** TBD
- 4) **HS Practice:** Practices will begin Feb 4, 4:00 - 6:00 PM on South Field (Location TBD after week of Feb 12). Contact Coach Tony Schenke TODAY for all details & about any activities before Feb 4.
- 5) **Attend the Mandatory Parent & Player Pre-Season Meeting:** for *all* spring sports at 6:00pm on March 8 in the Auditorium. There will not be a team breakout.
- 6) **Note:** There are additional membership expenses required to participate in this sport. You must be a registered member of Rugby Ohio by March 15th to participate
- 7) **If interested, contact Coach Tony Schenke:** schenket@gmail.com, 513-290-7238

Boys HS Volleyball

- 1) **MUST Register On-Line & MUST have Sports Physical by March 2.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Tryouts:** TBD
- 4) **Meeting for Students:** TBD
- 5) **Meeting for Parents:** TBD
- 6) **Pre-Season:** Open Gyms are Sundays, 6:30-8:30pm in the HS gym. Contact Coach Ober to verify the schedule.
- 7) **If interested, contact Coach Ober:** walnuthillsboysvball@gmail.com, 513-235-8063.
- 8) **Attend Mandatory Parent and Player Preseason Meeting:** For all spring sport athletes March 8, 6:00pm in the Auditorium.

Boys JH Volleyball

- 1) **MUST Register On-Line & MUST have Sports Physical by March 2.**
- 2) You will be turned away from practice every day until you have registered on-line and provided a valid Sports Physical.
- 3) **Practice/Tryouts:** TBD
- 4) **Meeting for Students:** TBD
- 5) **Meeting for Parents:** TBD
- 6) **Pre-Season:** Open Gyms are Sundays, 6:30-8:30pm in the HS gym. Contact Coach Ober to verify the schedule.
- 7) **If interested, contact Coach Ober:** walnuthillsboysvball@gmail.com, 513-235-8063.
- 8) **Attend Mandatory Parent and Player Preseason Meeting:** For all spring sport athletes March 8, 6:00pm in the Auditorium.

Information about the 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

Do I still have a valid Sports Physical?

These are good for one year. Is your Sport Physical still valid?
Check your account on Final Forms, all physical expiration dates are documented there. Not sure how to do this? Email James Muncy or Nathalie Towchik right away at james_muncy@trihealth.com or, nathalie_towchik@trihealth.com and ask.

Do you need to get a sport physical?

Consider clinics at Urgent Care, Krogers, Walgreens, 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.

Other questions, contact James Muncy, james_muncy@trihealth.com or Nathalie Towchik, nathalie_towchik@trihealth.com

*****Make and keep your own copy of your Sports Physical. That way if we did not receive it from your child or we cannot find it, you can give us a copy of your copy. The risk of the Sports Physical not being turned in by your child or us not finding it rests with the parents. That means we must have a valid Sport Physical for your child before they will be permitted to tryout or practice with a team and if we cannot find your's you will need to give us a copy or have it re-done at your expense.**

ATHLETIC WEB PAGE: www.walnuthillseagles.com/athletics/

Follow Walnut Athletics on Twitter: @walnutathletics.

