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2011 FALL SPORTS - FIRST PRACTICE

SPORTS	DATE	TIME	PLACE
Varsity Girls Volleyball	August 10	10:00am – 2:00pm	High School Campus – North Building
JV Girls Volleyball	August 10	10:00am – 2:00pm	High School Campus – North Building
9 th Girls Volleyball	August 10	10:00am – 2:00pm	High School Campus – North Building
Boy's Cross Country	August 10	1 st Practice: 12:01am w/ flashlights. Then again @ 8:00am @ Tunnel Park	1 st Practice @ West Ottawa Cross Country Course by the Harbor Lights Middle School. 2 nd Practice @ Tunnel Park
Girl's Cross Country	August 10	8:30am – 10:30am	High School Campus – North Bldg. (back parking lot closest to athl. Office entrance)
Varsity Football	August 8	1:00pm – 5:30pm & 6:30pm – 8:30pm	High School Campus – North Building
JV Football	August 8	2:00pm – 5:30pm & 6:30pm – 8:30pm	High School Campus – North Building
9 th Football	August 8	3:00pm – 5:30pm & 6:30pm – 8:30pm	High School Campus - South Building
9 th Cheerleading	August 10	9:00am – 1:00pm	HS Campus – South Bldg.
JV Cheerleading	August 10	9:00am – 1:00pm	HS Campus – South Bldg.
Varsity Cheerleading	August 10	9:00am – 1:00pm	HS Campus - South Bldg.
Girl's JV/Varsity Golf Try-Outs	August 10	9:00am–12:00 noon	Pigeon Creek Golf Course
Boy's Soccer – 9 th , JV, Varsity	August 10	9:00am – 11:00am (Var.Only) 5:00pm – 7:30pm (All 3 levels)	Soccer practice fields Between South High School & Great Lakes Elem.
Girl's Swimming/Diving 9 th -12 th Grade	August 10	9:00am-12:00 noon	High School Campus – South High School Pool
Boy's Tennis JV/Varsity	August 10	9:00am-12:00 noon	High School Campus – South High School Tennis Courts
Boy's Water Polo 9 th -12 th Grade	August 15	7:30am – 11:00am	High School Campus – South High School Pool

ATHLETES INTERESTED IN TRYING OUT FOR ANY TEAM SHOULD REPORT TO THE FIRST PRACTICE IN SUITABLE SHOES AND CLOTHING. ATHLETES SHOULD UNDERSTAND THAT IF THEY MAKE THE TEAM THEY ARE COMMITTED TO PRACTICING ALMOST EVERYDAY THROUGH THE END OF THE SEASON.

ALL ATHLETES MUST HAVE A PHYSICAL CARD DATED AFTER APRIL 15, 2011 ON FILE WITH THE ATHLETIC OFFICE BEFORE PARTICIPATION. PHYSICAL CARDS MAY BE PICKED UP AT THE HIGH SCHOOL – NORTH BUILDING, ATHLETIC OFFICE, CENTRAL ADMINISTRATION OR ONLINE @ WWW.WESTOTTAWA.NET