

ATHLETIC DEPARTMENT INFORMATION

2011-2012 Fall Sports Information

2011-2012 REGENT REPORTER NEWSLETTER INFORMATION:

2011/12 REGENT REPORTER NEWSLETTER DEADLINES: Please note—articles or announcements for publication in the Regent Reporter should be submitted to Angie Nyeggen by e-mail at arnyeggen@madison.k12.wi.us by the following dates: August 18, September 15, October 13, November 15, December 12, January 12, February 16, March 15, April 13, and May 10. Newsletters are mailed the first week of each month. For example, copy submitted on August 18th will arrive in students' homes the first week of September. Articles should be submitted in a **WORD** document or sent as text in an e-mail. Please submit articles on or before the due date to allow time for processing. Your cooperation with this deadline is very much appreciated!!



Important Information For Athletes at West High School

The Athletic Office will be open sporadically during the summer. All athletic cards and fee's for **fall sports only** should be turned in to the athletic office prior to tryouts. Students will bring a stamped blue card to their coach the first day of practice/tryouts. **There are no exceptions to this procedure due to legal liability issues.** Beginning Monday, August 8th, the Athletic Office is open 7:30am – 3:15pm. Beginning September 1st, the Athletic Office will be open until 4:00 pm each school day.

WEST HIGH SCHOOL ATHLETICS FOR FALL OF 2011

MITCH MCGRATH, ATHLETIC PRINCIPAL (204-3090)

MIKE LIPP, ATHLETIC DIRECTOR (204-3060)

RENEE BURNETT, ATHLETIC SECRETARY (204-4103)

Fall Sports Start Dates: Aug. 2011

	<u>Varsity/J.V.</u>	<u>Freshman</u>	<u>Contact Person</u>
Girl's Swimming	9 th	9 th	Jean Shearer
Girl's Golf	8 th	8 th	Tim Goldsworthy
Girl's Tennis*	9 th	15 th	Peter Dermody
Girl's Volleyball*	15 th	17 th	Joe Cooper
Girl's Cross Country	15 th	15 th	Lee Ann Johnson
Football*	3 rd	3 rd	Greg Valaskey
Boy's Cross Country	15 th	15 th	Tom Kaufman
Boy's Volleyball*	22 nd	22 nd	Aaron Blom
Boy's Soccer*	8 th V 9 th JV	10 th	Chris Vasquez

*Separate freshman teams are available in these sports. In other sports, freshman athletes compete on either the varsity or junior varsity teams. All students participating in interscholastic athletics will be required to pay an athletic fee. **All student athletes are required to pay a \$115.00 fee per sport (plus \$118 surcharge for girls golf).** They must also have a WIAA physical exam card and other necessary cards on file.

CHEERLEADING/DANCE INFORMATION

Dance team tryouts were held in early May. If you have questions regarding tryouts or upcoming events that they will participate in, please contact the head coach, Elizabeth Gach at 847-791-0966 (c) or e-mail at gach.elizabeth@gmail.com.

Cheerleading tryouts were held in late May. If you have questions regarding tryouts or upcoming events that they will participate in, please contact the head coach, Tori DeClerck at 309-236-4294 (c) or e-mail at tdeclerck@edgewood.edu.

SUMMER OPEN GYM TIMES

Girl's Volleyball – Wednesday evenings, June 15th – August 10th from 6pm – 9pm.

Boy's Volleyball – Mondays/Wednesdays, July 11 – July 27 from 2pm – 4pm in Stevens gym.

WHAT CARDS DO I NEED??

Freshmen:

1. **Green Medical Exam Card** – must be signed by a Physician, Advanced Practice Nurse Prescriber (APNP), or Nurse Practitioner with physical exam date included and completed on both sides. Physicals dated April 1, 2010 through March 31, 2011 are valid for the **2011 – 2012 school year only**. Physicals taken after April 1, 2011 are good for two **school** years (i.e. 2011-2012/2012-2013). (**NOTE:** Physicals taken **before April 2, 2010** are not valid for the upcoming school year and students **MUST** be given a new physical exam in order to sign up for sports. The best time to get physicals is during the summer, so make your appointment now.)
2. **Orange Insurance Certification Card** – must be completed by parents, and signed by both parents and students. All athletes must be insured to participate in sports. Please fill out BOTH sides. (If you don't have medical/accident insurance, you need to purchase insurance through the District. Please contact Mitch McGrath at 204-3090 during the summer when the Athletic Office is closed. Beginning on August 3rd insurance is available in the Athletic Office only and must be purchased prior to tryouts.)
3. **Blue Information Card** – filled out by parent, turned in at try-outs and stamped by Athletic Office.
4. No report card is needed.

Sophomores, Juniors, and Seniors need the following cards:

1. **Green** Physical Examination Card **or** **Yellow** Alternate Year Athletic Permit Card. During the summer, an athletic table will be set-up in the main entrance with all of the cards.
2. Orange MMSD Accident Insurance Certification Card. Must be turned in when a green physical examination card is turned in. Do not need with yellow alternate year card (this information is included on yellow card). (If you don't have medical/accident insurance, you need to purchase insurance through the District. Please contact Mitch McGrath at 204-3090 during the summer when the Athletic Office is closed. Beginning on August 3rd, insurance is available in the Athletic Office only and must be purchased prior to tryouts.)
3. Blue Information Card. This card is required to be completely filled out and turned in by all athletes. There are no signatures required.
4. **REPORT CARDS NEEDED, TOO!** – A 2nd semester/4th quarter report card is needed for ALL sports at try-outs for eligibility purposes.

FIRST PRACTICE DATES FOR FALL SPORTS

*****ALL ATHLETIC CARDS ARE TO BE TURNED IN TO YOUR COACH AT TRY OUTS INCLUDING REPORT CARDS*****

GIRLS SWIMMING:

Practice will begin on Tuesday, August 9, 2011. The first practice of the day will begin on the West Track at 8:00am. Wear comfortable running shoes, a T-shirt and shorts. Bring a water bottle and turn in **all of your athletic cards and fee's to the athletic office** in order to participate. The morning practice will consist of a 2 mile jog and some dry-land work. The afternoon practice will be from 3:30 to 5:30 at the West Pool. Come with a suit, towel, goggles, and a water bottle. If you have questions, you may contact Jean Shearer at 469-9590 (c).

GIRLS GOLF:

Practice begins Monday, August 8th @ 10:00 @ Odana Hills Golf Course. Be prepared to play and/or practice after a short meeting. All cards and fees must be turned into the West Athletic Office before you can participate. A schedule will be given to all golfers on Monday. If you need more information or have any questions contact Coach Tim Goldsworthy @ 608-513-5666 or goldsworthy@madison.k12.wi.us.

GIRLS TENNIS:

Returning letter-winners, seniors, and those invited: Report to the West tennis courts at 9:00 a.m. on Tuesday, August 9. Varsity tryouts will run from 9:00-12:00, Tuesday-Friday. **Sophomores and Juniors:** Report to the West tennis courts at 12:30 on Tuesday, August 9. JV tryouts will run from 12:30-3:00, Tuesday-Friday. **Freshmen:** Report to the West tennis courts at 4:00 on Monday, August 15. The freshman teams will practice all week from 4-5:30 at the West courts. We will move players between the varsity and JV tryouts throughout the week. Tryouts will begin promptly at each of the scheduled times, so players should plan accordingly. If you have any questions regarding the tryout and/or practice schedules, you can e-mail Peter Dermody at pwdermody@gmail.com. Also, visit our team website for more information regarding tryouts, practices, and team schedules. Just visit www.mwaba.org and select Girl's Tennis from the Fall Sports tab.

GIRLS AND BOYS VOLLEYBALL:

Girls: Varsity and JV practices will run the week of August 15 -19 from 6:00 PM to 9:00 PM plus an all day tourney on the 20th at Waunakee for the Varsity team. Any freshmen wanting to try out for the JV team should report at 6:00 PM on Monday August 15th. Freshmen practice will run from August 17-19 from 4:00 PM to 5:30 PM. Players should bring shoes, shorts & shirts. **EVERY PLAYER MUST HAVE A STAMPED BLUE CARD OR THEY CANNOT TRY OUT. The athletic office is open at 7:30am beginning on August 8 to stamp your blue card if all athletic cards and fee's are brought in at that time.** Knee pads are not required but recommended. All sophomores, juniors and seniors can try out for the varsity BUT freshmen by INVITE ONLY. All practices are in the Stevens Gym. Contact information: Coach Joe Cooper, home: 233-5023, email: joseph.cooper@housing.wisc.edu.

Boys: Varsity and JV practices will be held the week of August 22 – 26th from 3-6:00 pm in the Steven's Gym. Any freshmen wanting to try out for the varsity or JV teams should report on August 23rd at 3pm. Freshmen practice will begin on August 24th from 3-5:00 pm. Please bring shoes, shorts, and a t-shirt. Every player must have their most recent report cards (non-freshmen only) or they cannot try out. All practices are in the Steven's Gym. For specific information, please contact Coach Blom. Email: aaronblom@yahoo.com. **A stamped blue card from the Athletic Office is necessary prior to tryouts.**

GIRLS AND BOYS CROSS COUNTRY:

Girls: Practice will start on Monday, August 15th at 7:30am until 9:30am in the Van Hise Gym at West High School. Be sure to check out the website for important information – www.madwestcc.com. You must have ALL of your paperwork turned in to the Athletic Office BEFORE you will be able to run with the team. There will be some afternoon pool practices depending on pool time. Feel free to contact Coach Lee Ann Johnson with questions at sqchaser@yahoo.com or ljohnson@madison.k12.wi.us.

Boys: Practice will start on Monday, August 15th at 8:00 a.m. in the Van Hise Gym. Check the team website www.madwestcc.com for more information and for summer run dates and times. Feel free to contact Coach Tom Kaufman at home at 310-9401 with any questions (email: runski@charter.net). Practice will go until 10:00am each week day until the beginning of the school year.

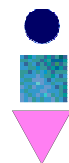
For Boys and Girls, all athletic cards and athletic fee's must be turned in to the athletic office prior to tryouts in order to participate.

FOOTBALL:

Equipment for varsity players and sophomore players will be issued on Wednesday, August 3 from 8:30 to 9:30am for Seniors and Juniors and from 9:30 to 10:30am for Sophomores and Freshmen. Equipment will be issued in the pool locker room. Be sure to bring workout clothes, football cleats and a combination lock. First day of practice for sophomores, juniors, and seniors is Thursday, August 4th at 3pm. Freshman start at 5:00 p.m. **You must have all of your athletic cards completed and athletic fee's turned in to the athletic office** prior to practice. If you have further questions, feel free to contact Coach Greg Valaskey at gvalaskey@madison.k12.wi.us or by calling 204-3080. Be sure to check out the website, www.madisonwestfootball.com for other important dates and information.

BOYS SOCCER:

Try-out schedules are as follows: Returning letter winners, 2010 JV blue players and invitees on Monday, August 8th from 9:00am to 12:00pm at Hamilton Middle School, 4801 Waukesha St. The rest of the week, please report to Reddan Soccer Park in Verona from 9am to 12:00pm. Seniors, Juniors and Sophomores should report on Tuesday, August 9th through Friday, August 12th to Redden Soccer Park from 9:00am to 12:00pm. Freshman should report on Wednesday, August 10th through Friday, August 12th to Reddan Soccer Park from 9:00am to 11:00am. Please bring your stamped blue card to try outs and your personal equipment (soccer shoes/shin guards). You may not try out or practice without these items. Practices are held in the afternoons (4:00pm to 6:00pm) from August 15 to the beginning of school at the following sites: Varsity and JV Gold: Hamilton Middle School; JV Blue: Midvale Elementary School; Freshman: Cherokee Middle School. **Times are subject to change.**



ASSISTANT SUPERINTENDENT – SECONDARY

545 West Dayton St. Madison, Wisconsin 53703-1995 608.663.1633 www.mmsd.org

Pamela Nash, Ph. D., Assistant Superintendent for Secondary School

Daniel A. Nerad, Superintendent of Schools

June 2011

TO: Parents/Guardians of Students Who Participate in District Athletics
FROM: Pamela J. Nash - Assistant Superintendent-Secondary Schools
RE: Annual Athletic Fees

During the past several years, the MMSD School Board has had to authorize a \$115.00 athletic participation fees for all competitive sports and specific surcharges in some of them.

Several sports are more costly to run and involve a smaller number of students and they are surcharged at the following rate:

Hockey	\$800
Wrestling	\$100
Girls' Gymnastics	\$100
Boys' Golf	\$118
Girls' Golf	\$118

In addition, the policy states that families will pay no more than a *maximum total* of \$500.00 per year in participation fees. The surcharge amounts are excluded from that maximum.

Athletes who meet certain criteria may apply for athletic fee waivers at the school office.

The athletic participation fees will be collected after coaches have made their final team selections for the season.

The school district will continue to look for additional ways to bring these costs down. There will also be ongoing evaluation to determine the impact that the fees have on participation in athletics.

Athletic Participation Refund Policy: Refunds will be issued before the first date of competition for that specific sport. Because the district collects participation fees after teams have been selected, athletes that are unable to practice or participate due to prior injuries, will not pay the participation fee until they are released by their physician for this activity.

PJN:ec



TO: West High School Families
FROM: Mike Lipp, West High School Athletic Director
DATE: Friday, June 3, 2011
RE: Fall Sports Season

I would like to extend a big Regent welcome to all incoming freshmen and returning sophomores, juniors, and seniors. The athletic office coordinates 25 different sports and activities. We help student/athletes get started and advance in the very important area of high school extracurricular activities. West High School competes in every competitive sport that the Wisconsin Interscholastic Athletic Association (W.I.A.A.) offers as well as offering Cheerleading and Dance Team. This mailing is an attempt to assist families to start the year off on a positive note.

Every athlete needs a sports physical and health insurance. For families who are uninsured or underinsured there are some quality alternatives for student/athletes to get their required sports physicals. Group Health Cooperative (through Primary Access for kids (PAK)) is offering free physicals and transportation to and from the appointment to anyone who is uninsured. Please call 661-7215 to register for this free service.

Student/athletes who do not have any health insurance must purchase it from the Madison Metropolitan School District. The rates start as low as \$6.85 for a season for sports like golf and swimming. Football and Ice Hockey top the list at \$155.90 for the season.

Regardless of what sport you play, all W.I.A.A. athletes and their parents/guardians must attend the Athletic Code of Conduct meeting. This will be held after the Madison West Athletic Booster Association (M.W.A.B.A.) picnic on Wednesday, August 31, 2011. The picnic starts at 5:30 P.M. on the football practice field with the meeting in the Stevens Gymnasium starting at 7:00 P.M.

The weight room is open this summer for all student athletes beginning on Monday, June 13. Monday through Friday it is open from 9am – 11am. Monday through Thursday it is also open from 5pm – 7pm. It is always staffed by an adult.

All of our fall teams begin their practices and most begin their competitions well before the start of the school year. In addition to talent, commitment, and effort most athletes and their families must sacrifice to truly make sports a positive experience. West High School opened its doors in 1930 and has garnered 89 state championships in 19 different sports over these 81 years. Will you be a part of the next championship?



Madison West Athletic Booster Association

mwaba.org

MWABA Memberships are welcome all year-long! Please visit mwaba.org for a brochure and all MWABA information.

Regent Discount Cards are for sale in the school's Lion's Den shop and from your sport's MWABA liaison. For \$10, you'll receive continuous discounts at these local businesses (in several cases, your investment will be returned after just one visit): **Ace Middleton Springs, Berkeley Running Company, Don the Car Care Man, Dairy Queen, The Froth House, Granite City, Madison Tanning Company, MC Sports, Middleton Sports & Fitness, Midwest Accounting Services, Pancheros, Papa Murphy's, Pizza Extreme, Quaker Steak & Lube, Regent Market, Schwoeglers Bowling, Tex Tubb's, Valvoline, Vintage "V" Brewing Company, Vitense Golfland.**

Regent Spirit...let's fill the stands! For all grade level team schedules, please refer to this athletic website:

www.big8conference.net

Go Regents!