

# **WILKES BARRE AREA WOLFPACK**

## **FALL SPORTS TENTATIVE PRACTICE TIMES AND ATHLETE REMINDERS**

### **FALL SPORTS PARTICIPATION REMINDERS:**

- **STUDENT ATHLETES MUST HAVE A COMPLETED PIAA PHYSICAL PACKET SIGNED BY A MEDICAL DOCTOR TO PRACTICE AND COMPETE IN INTERSCHOLASTIC COMPETITIONS.**
- **STUDENTS ATHLETES MUST HAVE THE RULES AND REGULATIONS OF THEIR RESPECTIVE FALL SPORT SIGNED (BY BOTH PARENT AND STUDENT) AND RETURNED TO THE HEAD COACH PRIOR TO PRACTICE AND COMPETITION.**
- **ATTENDANCE AT PRACTICE BEGINNING MONDAY, AUGUST 12TH IS MANDATORY.**
- **MAINTAIN AN OPEN LINE OF COMMUNICATION WITH THE HEAD COACH THROUGHOUT THE SEASON.**
- **ALL STUDENT ATHLETES MUST FOLLOW (IF REQUIRED )THE PLANNED SPORTS TRANSPORTATION SCHEDULE AS DESCRIBED BY THE HEAD COACH AS WELL AS LISTED ON THE SCHOOL DISTRICT WEBSITE.**
- **BE ALERT FOR CHANGES IN PRACTICE DUE TO WEATHER.**
- **REPORT ALL INJURIES TO YOUR HEAD COACH AND ATHLETIC TRAINER PRIOR TO LEAVING PRACTICE.**
- **MAINTAIN A HEALTHY DIET AND HYDRATE PRIOR TO AND AFTER PRACTICE.**

### **VARSITY - PRACTICE TIMES AND LOCATIONS**

FIELD HOCKEY	3:45pm	Guthrei Field Dan Flood Elementary
FOOTBALL	3:45pm	Wilkes-Barre Memorial Stadium
GIRLS SOCCER	3:45pm	Solomon-Plains Athletic Complex
BOYS SOCCER	3:45pm	Solomon-Plains Athletic Complex
GIRLS VOLLEYBALL	3:45pm	Solomon-Plains Gymnasium
GOLF	3:45pm	Wilkes-Barre Municipal Golf Course
GIRLS TENNIS	3:45pm	Birchwood Tennis Courts – Plains
CROSS COUNTRY	3:45pm	Coughlin High School

### **JUNIOR HIGH - PRACTICE TIMES AND LOCATIONS**

JH FIELD HOCKEY	3:45pm	Solomon-Plains Athletic Complex
JH FOOTBALL	3:45pm	Solomon-Plains Athletic Complex
JH SOCCER	3:45pm	Solomon-Plains Athletic Complex
JH CROSS COUNTRY	3:45pm	Solomon-Plains Athletic Complex