

# **WILKES BARRE AREA WOLFPACK**

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

### **WINTER SPORTS PARTICIPATION REMINDERS:**

- **STUDENT ATHLETES MUST HAVE A COMPLETED PIAA PHYSICAL PACKET SIGNED BY A MEDICAL DOCTOR TO PRACTICE AND COMPETE IN INTERSCHOLASTIC COMPETITIONS OR A SIGNED PIAA RECERTIFICATION SHEET.**
- **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, NOVEMBER 18TH IS MANDATORY.**
- **ALL PRACTICES ARE CLOSED TO THE PUBLIC. PARENTS MUST WAIT OUTSIDE THE FACILITY IF THEY ARE PICKING UP THEIR CHILD.**
- **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**

BOYS BASKETBALL	3:45pm	GAR High School
GIRLS BASKETBALL	3:45pm	Coughlin High School
WRESTLING	3:45pm	Meyers High School
SWIMMING DIVING	3:45pm	Kistler Elementary Pool
INDOOR TRACK	3:45pm	GAR High School

### **Junior High - Practice Times and Locations**

9JH BOYS BASKETBALL	3:45pm	Meyers High School
9JH GIRLS BASKETBALL	3:45pm	Solomon-Plains Gymnasium
9JH WRESTLING	3:45pm	Meyers High School
7-8 BOYS BASKETBALL BLACK	3:45pm	Mackin High School Gym
7-8 BOYS BASKETBALL BLUE	2:20 to 3:40pm	Solomon-Plains Gymnasium
7-8 GIRLS BASKETBALL BLACK/BLUE	3:40pm	Solomon-Plains Gymnasium