

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 - FIRST MANDATORY PRACTICE MONDAY, AUGUST 12TH PRACTICE TIMES AND LOCATIONS

FIELD HOCKEY	8:00am	Wilkes-Barre Memorial Stadium
FOOTBALL	8:30am	Wilkes-Barre Memorial Stadium (PIAA Heat Acclimation begins Aug. 5th 9am)
GIRLS SOCCER	8:00am	Solomon-Plains Athletic Complex
BOYS SOCCER	8:00am	Solomon-Plains Athletic Complex
GIRLS VOLLEYBALL	4:00pm	Solomon-Plains Gymnasium
GOLF	10:00am	Wilkes-Barre Municipal Golf Course
GIRLS TENNIS	4:00pm	Birchwood Tennis Courts – Plains
CROSS COUNTRY	4:00pm	Kirby Park

JUNIOR HIGH - FIRST MANDATORY PRACTICE MONDAY, AUGUST 12TH PRACTICE TIMES AND LOCATIONS

JH FIELD HOCKEY	4:00pm	Solomon-Plains Athletic Complex
JH FOOTBALL	4:00pm	Solomon-Plains Athletic Complex
JH SOCCER	4:00pm	Solomon-Plains Athletic Complex
JH CROSS COUNTRY	4:00pm	Solomon-Plains Athletic Complex