

# **WILKES BARRE AREA WOLFPACK**

## **FALL SPORTS MANDATORY PRACTICES SCHEDULED TIMES AND ATHLETE / PARENT 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.**
- **STUDENT 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.**
- **PARENTS MUST UTILIZE THE PRE-SCREEN QUESTIONNAIRE PRIOR TO THE ATHLETES TRANSPORTATION TO PRACTICE.**
- **STUDENT ATHLETES MUST WEAR A MASK UPON ENTRY AND EXITING PRACTICE AS WELL AS WHILE RIDING SCHOOL DISTRICT TRANSPORTATION.**
- **ATTENDANCE AT VARSITY PRACTICES BEGINNING FRIDAY, NOVEMBER 27<sup>TH</sup> 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**

BOYS BASKETBALL	3:15pm	GAR OR MEYERS Gymnasium
GIRLS BASKETBALL	3:15pm	GAR OR MEYERS Gymnasium
WRESTLING	3:15pm	MEYERS WRESTLING Room
SWIMMING	3:15pm	KISTLER POOL Kistler Elementary
WINTER TRACK	3:15pm	GAR HS Fitness Center

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

JH BOYS BASKETBALL	3:15pm	SOLOMON Gymnasium (Rotating Schedule)
JH GIRLS BASKETBALL	3:15pm	SOLOMON Gymnasium (Rotating Schedule)
JH WRESTLING	3:15pm	COUGHLIN WRESTLING Room