

June 2017

TO: All Westside High School Students and Parents

I hope you are having an enjoyable and relaxing summer. With the beginning of each school year, participants in our athletic programs need to be reminded of certain requirements, which must be met prior to the first day of legal practices. My intent is to inform each of you about several items that hopefully will make the start of the year go smoothly for you. This mailing contains information for student-athletes and parents; additional information will be sent to all students in July about the upcoming school year.

We want and need our parents to be active participants by attending parent meetings that our school and coaches host. By attending these meetings, many of the questions that you may have about the school's athletic program will be answered, the coaching philosophies and team expectations of our coaches will be addressed, and you have an opportunity to directly ask questions to the leaders of our athletic programs. You need to be comfortable with the programs in which your children will participate and attendance at these meetings often help you develop and enhance that comfort level.

SPORTS ATHLETIC INFORMATION

ATHLETIC PARTICIPATION FORMS AND PHYSICAL EXAMINATIONS:

Each student-athlete *must* have an **Athletic Physical Exam** and his or her **Athletic Participation Form** completed and signed by all necessary individuals **prior** to the beginning of athletic practices. All sports physicals must be completed after May 1, for the coming school year. **PLEASE NOTE:** The **Athletic Participation Packet** includes the athletic physical form and three consent forms - the **Athletic Participation Form, Parent/Guardian Consent Form (coral), Activities/Clubs/Athletic Code of Conduct card (yellow) and Student/Parent Concussion Acknowledgement Form (white)**. All forms must be completed in their entirety, and all required signatures must be included prior to a student being allowed to participate. This is a Nebraska School Activities Association (NSAA) requirement as well as a Westside High School regulation. All forms are kept on file at Westside High School.

Student-athletes are responsible for getting their own physical exams. The opportunity to receive a sports physical from a consortium of doctors will be available on **Wednesday, July 26 and Wednesday, August 2 from 6:00 to 8:00 p.m. at Westside High School. The cost for the physical exam will be \$30.** There will be doctors of both genders available to do the physical exams. Students should report for check-in, **with the Athletic Participation form in this packet**, at the east door of the Sports Pavilion. The three athletic consent forms may also be turned in at this time. Student-athletes may always choose the option of receiving their exams from their own family physician. **NOTE:** If students have their family physician give them the physical, they should still use the Westside Athletic Participation form.

Athletic physical forms are included in this mailing. If you do not receive a form, or if you need an extra one, please contact the Main Office, 402-343-2602. All forms are also available on the high school website under Athletics at top of the page. **Remember all forms/letters must be turned into the Westside Athletic Department prior to any participation.**

FALL SPORTS UPDATE

SPORTS INSURANCE INFORMATION

Football insurance, for those who choose to take it, will be available at equipment checkout for \$250.00. Other coverage, which includes interscholastic sports coverage, is also available through a standard school time accident plan costing \$91.00 or a 24-hour accident plan at the cost of \$174.00 per student. (Neither the standard nor the 24-hour plans cover football injuries but they do cover all other sports.) An optional dental plan is also available for \$9.00 per year. Insurance forms will be available in the main office or through the student's homeroom advisor at the beginning of the school year.

FOOTBALL:

A **mandatory parent meeting** for all 9th-12th grade football players will be Tuesday, August 1 at 6:30 p.m. in Rm 220.

10th – 12th Grade: **Captain's conditioning** will begin Monday, July 31 through Thursday, August 3. Time will be determined and announced during the Westside Football Camp in July. Check out of equipment will occur during our camp sessions as well. The first season practice will be held Monday, August 7th, time will be announced during captain's conditioning.

9th Grade: **Preseason conditioning practice** will be held on Monday, Tuesday and Wednesday, July 31, August 1 and 2nd. Time will be announced during the Westside Football Camp. The first practice will be held on Monday, August 7 at 4:00 p.m. to issue helmets and equipment, **along with practice.**

The **Westside Football Camp** will take place Monday-Friday, July 17-21 and Monday-Tuesday, July 24-25 from 7:30 – 10:30 a.m. for all 9th-12th grade football players. Registration for the camp needs to take place at the high school main office. It is important for all 9th-12th grade football players to attend camp. Offensive /Defensive/Special Teams will be implemented during the camp for the fall season.

Head Coach: Brett Froendt, 402-343-2632 or froendt.brett@westside66.net

Junior Varsity: Michael Jernigan, 402-343-2655 or jernigan.michael@westside66.net

Ninth Grade Coach: Otis Seals, 402-343-2763 or seals.otis@westside66.net

BOYS AND GIRLS CROSS COUNTRY:

Any 9th through 12th grade boys and girls who are interested in participating in cross country, should meet by the entrance to the football field on Monday, August 7th at 3:30 p.m. Our summer program meets at the entrance to the football field for the summer conditioning at 8 a.m., Monday - Friday, from June 5 through August 4. Those planning on participating in the fall are encouraged to attend summer conditioning to train and participate in running games and activities.

Head Girls Coach: Theresa Gosnell, 402-343-2769 or gosnell.theresa@westside66.net

Head Boys Coach: Andrew Easton, 402-343-2656 or easton.andrew@westside66.net

SOFTBALL:

Practice sessions for softball candidates will be held at Westside Field @ Westbrook, 78th & Western Ave. For the first day of practice, all juniors and seniors will practice Monday, August 7, from 4:00 - 5:30 p.m. and all freshmen and sophomores will practice from 5:30 – 7:00 p.m. **All physical & consent forms must be turned into the main office before the first day of practice on Monday, August 7.**

There will be a summer softball conditioning at Westside Fields @ Westbrook. Please contact Coach Dunn by email or phone for additional information on the conditioning sessions.

Head Coach: Kevin Dunn, 402-343-2717 or 402-305-6690 or dunn.kevin@westside66.net

GIRLS GOLF:

Girl's golf candidates are asked to attend an informational meeting on Monday, August 7 at 3:30 p.m. in the Little Theater. **All physical and consent forms must be turned into the main office by August 7.**
Head Coach: Barry Glanzer, Hm 402-234-2798, Wk 402-408-8613 or glanzer.barry@westside66.net

VOLLEYBALL:

Summer Schedule:

The summer volleyball conditioning schedule is posted on the Westside Volleyball band site at (<http://band.us/n/a5a4U8U0d5s7t>). All athletes planning on trying out for volleyball are highly encouraged to attend.

Notifications through text about any changes or immediate/weather related changes to the schedule will be sent out through remind 101 (<https://www.remind.com/join/17vbal>).

Please join both communication methods to keep updated.

Tryouts (Schedule also on band):

The first day of practice for all candidates (9-12) will be Monday, August 7 in Westside's main gym. On Monday and Tuesday, August 7-8, all 9th graders will practice from 3:30 - 5:00 p.m. 10th-12th graders will practice from 4:30 – 6:30 p.m. Wednesday through Friday's schedule will be announced on Monday, August 7. **All physical and consent forms must be turned into the main office before practice on August 7.**

Head Coach: Beth Peitzmeier, [402-343-2700](tel:402-343-2700) or peitzmeier.beth@westside66.net

JV Coach: Virgie Widdowson, [402-408-8624](tel:402-408-8624) or widdowson.virgie@westside66.net

Reserve Coach: Hannah Kupka, hannahkupka@gmail.com

Freshman Coach: Sarah Schoenrock, [402-390-6464](tel:402-390-6464) or schoenrock.sarah@westside66.net

BOYS TENNIS:

Practice will begin Monday, August 7 at the Westside tennis courts from 3:30-6:00 p.m. Bring a racket and be prepared to play try-out matches during that time. If you have any questions over the summer, please contact Coach Warkentin via e-mail.

Head Coach: Jordane Warkentin, warkentin.jordane@westside66.net

JV Coach: Denise Hazelrigg, [402-614-3164](tel:402-614-3164) or hazelrigg.denise@westside66.net

WINTER AND SPRING SPORTS UPDATE

The first day of practice for the winter sports season is **Monday, November 13, 2017**. The programs offered are Boys & Girls Basketball, Boys & Girls Swimming and Diving and Wrestling. Please contact the following coaches for more information:

Boys Basketball:

Head Coach - Jim Simons, [402-343-2751](tel:402-343-2751) or simons.james@westside66.net

JV Coach – Otis Seals, seal.otis@westside66.net

Reserve Coach – Ted Dondlinger, dondlinger.ted@westside66.net

Freshman Coach – Jake Hoover, [402-390-6464](tel:402-390-6464) or hoover.jacob@westside66.net

Girls Basketball:

Head Coach – Steve Clark, 402-408-8773 or 402-390-6475 or clark.steven@westside66.net

JV Coach – Tom Marasco, 402-343-2708 or marasco.thomas@westside66.net

Reserve Coach – Hollie Currie, currie.hollie@westside66.net

Wrestling:

Head Coach - Michael Jernigan, 402-343-2655 or jernigan.michael@westside66.net

Assistant Coach - Reed Weber, weber.reed@westside66.net

Assistant Coach – Matt Reinke, Matt@reinketravel.com

Boys/Girls Swimming & Diving:

Head Coach - Doug Krecklow, 402-343-2801 or krecklow.douglas@westside66.net

Assistant Coach – ellis.lisa@westside66.net

The spring sports season begins **Monday, February 26, 2018**. Baseball, Boys Golf, Boys & Girls Soccer, Girls Tennis, and Boys & Girls Track are in competition during the spring.

Please contact the following coaches for more information:

Baseball:

Head Coach - Bob Greco, 402-343-2670 or greco.robert@westside66.net

JV Coach - Otis Seals, 402-343-2763 or seals.otis@westside66.net

Reserve Coach – Bryce Trout, trout.bryce@westside66.net

Boys Soccer:

Head Coach - John Brian, 402-343-2746 or brian.john@westside66.net

Girls Soccer:

Head Coach - Nathan Moseley, 402-343-2645 or moseley.nathan@westside66.net

Boys/Girls Track:

Head Boys Coach – Tobin Ehlers, 402-343-2730 or ehlers.tobin@westside66.net

Head Girls Coach - Jon Preister, 402-343-2737 or preister.jonathan@westside66.net

Boys Golf:

Head Coach - Brett Froendt, 402-343-2632 or froendt.brett@westside66.net

Girls Tennis:

Head Coach – Jordane Warkentin, warkentin.jordane@westside66.net

JV Coach: Denise Hazelrigg, 402-614-3164 or hazelrigg.denise@westside66.net

***** ONLINE SPORTS SCHEDULES *****

The athletic schedule website can be located at www.mhsaaconference.org. On the website home page, you can select Westside from the list of schools on the right and go to our athletic calendar, which has a listing of all sports schedules for the 2017-18 school year.

You can also access the athletic schedule website from the Westside High School website home page.

In the top red navigation bar, under Athletics, you can click on “WHS Athletic Calendar” which will take you the new athletic schedule website. You can also view the scheduled athletic events by clicking on “Overview” under the Athletics heading. At bottom of the overview section, you can “click here” to view the calendar of athletic events.

Another viewing option is to select the activities calendar under Activities on the navigation bar and then click on WHS Athletic Calendar which will also take you to the athletic schedule website.

To view all Westside activities and athletic events on the same calendar, click on the activities calendar under Activities, then select “all activities”. You can then view the public calendar that contains the combined scheduled activities at the high school

***** ATHLETIC TICKETS *****

All students who participate in any sport, cheerleading or varsity dance **must** purchase an athletic ticket **prior** to the start of their sport or season. The cost of the ticket is **\$35.00** per school year. Fall and winter sport participants must also purchase an athletic ticket. All students are encouraged to purchase their ticket at the start of the year so they can get the maximum benefit from their ticket.

***** ATHLETIC SEASON TICKET PASSES....\$AVE *****

Adult season passes for all sports will be available again through the Westside Athletic Club for this school year. More information on how to purchase a season pass will be available from the club at the beginning of school in August.

We appreciate your interest and look forward to your participation in and support of Westside High School’s athletic program. A rich tradition of quality, hard work, and success awaits you. In July, you will receive additional student information, including the Warrior Handbook. In that handbook, I particularly direct your attention to athletic and activities information, conduct/regulations, and the code of conduct. Some fall sports coaches may also send letters to you specifically about their activity. If you have any questions, please contact the appropriate coach or my office at Westside High School.

Sincerely,

Thomas G. Kerkman
Assistant Principal/Athletic Director