

# **·WINTER 2018-2019 SPORT INFORMATION SHEET·**

All participants must have a signed KSHSAA physical (dated no earlier than May 1, 2018) and concussion form on file with the Athletic Office by **Wednesday, November 7th**. Forms received after this date may not be processed in time for practice or tryouts.

## **BOYS' BASKETBALL**

### **Mandatory Tryout Date:**

Monday, November 12th

**FRESHMEN: 3:15-4:45 pm**

**SOPHOMORES, JUNIORS & SENIORS: 5:00-7:00 pm**

### **What You Will Need:**

1. Completed physical form and concussion form on file in the Athletic Office.
2. Work-out gear: Must have a shirt (any color) with your name on it (preferably on the front).

### **Procedure:**

- Every player will be guaranteed one day of evaluation in front of the coaches.
- Tryouts will be closed to everyone, except those participating, coaches/managers, and essential personnel.

### **Contact Information:**

Coch Kevin Muff  
muffkev@usd437.net  
Coach Kyle Fowler  
fowlekyl@usd437.net



## **STRENGTH & CONDITIONING**

Everyone is encouraged to participate, if they are not in a sport during the winter season.

### **Contact Information:**

Tyler Pfizenmaier  
pfizetyl@usd437.net



## **BOYS' SWIM/DIVE**

### **Parent Meeting:**

Wednesday, November 7th from 7:00-8:00 pm in the Library

### **First Day of Tryouts/Practice:**

**(MANDATORY TO BE ON THE TEAM)**

November 12th-16th

3:30-5:30 pm

Garrett Natatorium at Washburn University

**\*\*School transportation will be provided to Washburn University. Students meet the bus at the CIRCLE DRIVE immediately following school.**

### **Contact Information:**

Coach Zachary Wagers  
coachzach@capitalcity-asi.com



## **GIRLS' BASKETBALL**

### **Tryouts:**

November 12th, 13th & 14th

3:10-5:30 pm

### **Contact Information:**

Coach Kevin Bordewick  
bordekev@usd437.net



## **WRESTLING**

### **Alpha Weigh-ins:**

**(ALL WRESTLERS MUST ATTEND)**

Monday, November 5th from 3:10-4:30 pm

Wednesday, November 7th from 3:10-4:30 pm

### **Parent Meeting:**

Monday, November 5th at 6:30 pm in the Library

### **First Practice:**

Monday, November 12th from 3:15-5:15 pm

### **Practice Times (Until competition begins):**

3:15-5:15 pm Monday-Saturday (Saturdays at 8:00 am)

### **Practice Times (AFTER competition begins):**

3:15-5:15 pm Monday-Friday

### **Contact Information:**

Coach Damon Parker  
parkedam@usd437.net  
(785) 341-7840



## **BOYS' & GIRLS' BOWLING**

### **Tryouts:**

BOYS-Monday, November 26th & Wednesday, November 28th

GIRLS-Tuesday, November 27th & Thursday, November 29th

\*Friday, December 30th will be used if needed\*

### **First Day of Practice:**

Wednesday, January 2nd at West Ridge Lanes, starting at 3:30 pm

### **Contact Information:**

Coach Jo Ricard  
ricarjol@usd437.net

