

## Winter Sports Tryout Information 2024

**All athletes MUST have a valid Physical (dated April 15, 2024 or later) and Consent Form on file in their Big Teams account. Your Athlete will not be allowed to participate in any way until both a Big Teams account is set up and completed and a physical is uploaded.**

Click here for the current physical and consent form:

<https://mi50010923.schoolwires.net/cms/lib/MI50010923/Centricity/Domain/184//Athletic%20Forms/2022-MHS-Physical-Consent-form.pdf>

Click on the link below and scroll down a little for a list of clinics that perform quick exams:

[Athletics / Home](#)

**PLEASE HAVE EVERYTHING COMPLETE AT LEAST ONE WEEK PRIOR TO TRYOUTS TO ENSURE YOUR STUDENT-ATHLETE IS READY FOR TRYOUTS**

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**BASKETBALL - MEN'S** - Monday, November 11th, Varsity from 3-5:30 pm and Freshman and JV 6-8:30. Tuesday, November 12th, will be Varsity from 3-5:30 and Freshman and JV from 6-8:30. Please wear Basketball appropriate shoes, shorts, and shirts and bring water. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**BASKETBALL - WOMEN'S** – Monday, Nov 18th from 3:00-5:30 pm in the HS Gym and Tuesday, Nov 19th 3:00-5:30 pm All levels, FR, JV & Var. Players need to wear basketball shorts, t-shirts, and athletic shoes. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**BOWLING - MEN'S & WOMEN'S** – **No Cuts** - Practices will start on Monday, November 18th at Revel and Roll. Practices will be held every Monday and Wednesday from 4:30-6:00 at Revel and Roll. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**COMPETITIVE CHEER** - Tryout clinics are Monday, Nov 11<sup>th</sup> and Tuesday, Nov 12<sup>th</sup> 3:45-5:00 in the ECEC Gym – All Candidates will learn the required tryout cheer on these days...with Individual Tryouts on Wednesday, Nov 13<sup>th</sup>. Tryout times for Wednesday will be given at Monday's clinic. Athletes MUST be present all three days to try out. For more information and to sign up for tryouts, please click on Link: <https://forms.gle/CeBygcm2d68f9WSEFA> **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**ALPINE SKI TEAM –Pre-season** workouts will be on Monday November 4th, and Wednesday November 6th from 4:00-5:30. We will meet at the Upper Lobby Balcony in the HS but will utilize the Upper Track and the Weight Room. **MANDATORY Dry-Land Training** will be **Mondays and Wednesdays** starting November 11<sup>th</sup> 4:00 to 5:30. We will meet at the Upper Lobby Balcony but will utilize the Upper Track and the Weight Room. Please wear Gym clothes. Once weather permits [snow] we will move to training at Timber Ridge on **Mondays and Wednesdays** from 4:00 to 6:00. Once races begin practices will be on Mondays and Fridays from 4:00 to 6:00. **Placement Tryouts** will occur during the first training on Snow. Once we move to Timber Ridge, bring and wear your ski gear. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts (dryland training).**

**HOCKEY** - On the ice Monday October 28<sup>th</sup>- 4:00p-5:40p , Tuesday October 29<sup>th</sup>- 4:00p-5:15p & Wednesday October 30<sup>th</sup>-4:00p-5:40p m. All sessions at Wings West Ice Arena. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**SWIMMING - MEN'S** - **Men's Swim and Dive is a non-cut sport.** If interested, athletes should attend a pre-season meeting in the cafeteria right after school Monday, November 4th. The meeting should only last 15 to 20 minutes. The first day of practice will be Monday, Nov 25th. We will practice at the Kalamazoo YMCA... practice schedules will be announced at the meeting. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**

**WRESTLING Co-Ed - No Cuts** - Starting Monday, November 11th - Practice Monday thru Friday 3:00-5:15 in the Pole Barn.  
Preseason Training 3-430pm Pole barn Oct 28th, 30th, Nov 4th,6th, & 8th. **You must be Academically Eligible, and have your physical and consent form uploaded into your Big Teams Account at least a week prior to tryouts.**