Below are the three things all athletes must have to try-out. Please check each individual sport page to see what else may be needed such as a try-out criteria or weight room form.
1. **VHSL Physical form** to be filled out by a doctor. Must be dated AFTER May 1, 2019
2. **Emergency Care Card**
3. **Concussion Education for athletes and parents**: Every athlete and one parent must take a short on-line test about concussions (EACH YEAR).

**WINTER TRYOUT SCHEDULE**

**BOYS BASKETBALL**- November 11-13 5:30pm-7:30pm  
  F/JV in Aux Gym; V in Main Gym

**GIRLS BASKETBALL**- November 11-13 3:30pm-5:30pm  
  F/JV in Aux Gym; V in Main Gym

**WRESTLING**- November 11-13 3:30pm-6:15pm  
  Wrestling Room

**SWIM/DIVE**- November 11-13 4:45pm-5:45pm  
  Lee District (Meet at Door 13 at 4:30 to catch the bus)

**INDOOR TRACK**- November 11-13 3:30pm-6:00pm  
  Stadium Track

**GYMNASTICS**- November 11-15 M-T 3:30-5:00; W-F 7:30-9:30  
  West Springfield High School Auxiliary Gym/Dance Room

[Contact the Coaches](#) for more information