



# WEST VALLEY JUNIOR HIGH

## WINTER ONE SPORTS



Welcome to West Valley Junior High Winter 1 Sports! We are excited that you are interested in joining one of our sports teams. This paper contains some general information that will answer most of the questions you may have.

**SPORTS OFFERED (for both 7<sup>th</sup> and 8<sup>th</sup> grade):** Boys basketball and girls bowling.

**WHEN DOES BASKETBALL AND BOWLING START:** The first day of basketball is October 24 right after school. The first day of bowling is tentatively scheduled for Monday, November 4th.

**WHEN DOES BASKETBALL AND BOWLING END:** Basketball season will be done by December 19. Bowling ends around the end of Jan.

**WHERE DO I GO FOR THE FIRST DAY OF PRACTICE?** **Basketball...** go to locker room, get dressed, and head to your gym. 8<sup>th</sup> grade goes to the JH gym and 7<sup>th</sup> grade goes to MS gym. 7<sup>th</sup> grade take all of your belongings to the MS with you. You will not come back to the junior high after your practice.

**Bowling:** Since bowling is an off-site sport, a typical practice day will involve the girls getting on a bus and riding to Nob Hill Lanes, usually departing from the junior high at 2:45. Practice is over at 4:00 and parents will pick their kids up at the bowling alley (Nob Hill Lanes).

**HOW OFTEN DO THEY PRACTICE?** Basketball will practice every school day (Monday through Friday). Bowling varies week to week. Mrs. O'brien will have a schedule of all practices that will be given to the girls at the first meeting.

**WHAT TIME AND WHERE ARE GAMES?** **BASKETBALL:** All games begin at 4:00. When we are at home, 7<sup>th</sup> grade plays at the Middle School and 8<sup>th</sup> grade plays at the Junior High. We go as far as Prosser and Ellensburg and everything in between. Students are required to ride the bus to the away game, but it is OK to drive your own child home after an away game (if you sign the proper paper that the coach will provide at that game site). **BOWLING:** Matches start at 3:00 and all take place at one of the local (Yakima) bowling alleys.

**WHAT IS THE COST TO PLAY?** Athletes are required to have an ASB card (\$25).

**WHAT ABOUT GAME UNIFORMS?** We will provide the entire uniform for all sports.

**WHAT DO I WEAR TO PRACTICE?** Basketball players should wear something that would be appropriate for a PE class, like shorts and a t-shirt and athletic shoes. Bowlers should wear comfortable clothes and will use rental shoes and rental balls provided by the bowling alley (unless you have your own bowling equipment).

**DO YOU MAKE CUTS?** Unfortunately, in some sports we have way too many athletes turning out and so cuts need to be made. Coaches will explain during tryouts whether or not cuts will be made.

**HOW MANY TEAMS ARE THERE AND WHO ARE THE COACHES?** In Basketball, there are four 8<sup>th</sup> grade and four 7<sup>th</sup> grade teams. In Bowling, there is one team comprised of both 7<sup>th</sup> and 8<sup>th</sup> graders combined.

**WHAT IS REQUIRED IN ORDER TO PARTICIPATE?** 1. ASB Card (once per school year) 2. Completed Family ID registration 3. Current sports physical on file (good for 2 years unless otherwise indicated by the physician)