

Woodland Summer Sports Update

There will be a paperwork turn in night on July 11th from 6-8pm. This would be an excellent time to make sure that all of your paperwork is complete and to submit an insurance card if you don't have a way to copy the card. All paperwork MUST be completed before a student athlete is permitted to tryout for a team. Athletic Packets will be available that night as well.



Cheerleading- **UPDATE: Woodland Cheer Try Outs 2018-2019 Cheer Season Incoming 6th , 7th , & 8th Graders July 17th -19th 5-7p.m at Scott High School's Gym. All cheerleaders will need to turn in a 2018-19 cheer packet prior to stepping on the mat July 19th.** That would include the paperwork within the packet including: Current Athletic Physical on a KHSAA Form Copy of Insurance Card Emergency Medication Form The entire packet can be found at: <http://www.kenton.kyschools.us/userfiles/12943/my%20files/2018-19athletic%20packet.pdf?id=62109>. Our new coach (Alex McGaughey) will have a meeting on July 20th for those that make the squad at 5pm at Woodland. This will be the opportunity to get more information on the structure of the cheer program for the year.



Football- Woodland Middle School football program will begin practices for the 2018 school year on July 16th at 6pm on the football field here at Woodland. All participants MUST have a completed athletic packet which includes the KHSAA physical and a copy of an insurance card before stepping foot on the field.

UPDATE Scott HS will be holding their football camp on July 11th/12 from 6:30-8:30 @Eagle Stadium thus the football paperwork turn in dates have been changes to July 13th 6:00-8pm July 14th 10am-1pm. Both days will be at the shed.

If you have questions regarding the football program, please contact Coach Rick Seeney at r.seeney@twc.com

Cross Country



Cross Country conditioning/practices will begin the week of July 16th.

Dear Prospective Cross Country Runners,

Hello. I hope you are ready for summer. Though classes will not be in session, there is still hard work that must be done!

In order to set yourself up for success, it is important that you RUN THIS SUMMER. To help you prepare for our practices and races this fall, I have created two training schedules for you. The "A" Schedule is for seasoned runners, preferably runners that have competed in cross country before or come from another sport with good aerobic conditioning (soccer, lacrosse, basketball). The "B" Schedule is for new runners or runners who have not been running or exercising consistently. Please do not attempt to follow the "A" Schedule if you are not ready as it may result in injury! I will be available throughout the summer attending all practices in June, July, and August. You may email me @Zachary.triplett@kenton.kyschools.us with any questions you have during your training. I hope to see you out at some or all of our practices.

Again, have your parents email me!!!! This is critical so as to keep you updated throughout the summer and so you can receive camp information when ready!!

MR. TRIP'S TIPS FOR SUMMER RUNNING:

1. Run early in the a.m. or late in the evening to avoid summer heat. Wear reflective clothing when running so that you are visible to motorists.
2. Wear sun block if outside in sunlight for more than 15 minutes.
3. Drink water whenever possible and try to carry it with you when exercising outside.
4. Eat something small about 30-40 minutes before you run (toast, granola bar, or bagel).
5. Avoid dairy or meat products before a run.
6. Try to find a shady place to run if possible, and preferably one that does not share a main road with traffic.
7. Shed the iPod. You cannot wear one when we train in the fall, so get used to it. Plus, it is safer!
8. Warm up. Warm down. It is important to give yourself 5-10 minutes to jog slowly to warm up and 5-10 minutes to warm down after each run. Stretch often.
9. Run with a buddy! It is fun and safer than running by yourself!



Volleyball- UPDATE Where: Woodland Middle School When: July 18th, 19th, and 20th 6th Grade Tryout from 4-5:30 7th and 8th Grade tryout from 5:45-7pm. All participants MUST have knee pads and a completed athletic packet that includes an insurance card, an Emergency Medication Form and a physical on a KHSAA Physical Form Prior to trying out. For More Details Contact Dallas Riehle at dallasriehle23@gmail.com Or Jennifer Haemmerle at Jennifer.haemmerle@kenton.kyschools.us