

July 18, 2019

Dear WAJ Student Athlete and Parent/Guardian:

Hopefully you are having a relaxing and enjoyable summer. The time for fall sports is quickly approaching. The purpose of this letter is to inform you about pertinent information regarding the fall sports season.

1. Most Varsity sports will begin the week of August 19th and most Modified sports will begin the week of August 26th. Please check the school's website, www.wajcs.org, for the most up-to-date information regarding pre-season meeting times, practices as well as game schedules.
2. In order to participate in fall sports you must have a current physical exam on file. For example, if your last physical was prior to August 19, 2018 **YOU WILL NEED A NEW PHYSICAL**. If your physical from last year is dated after August 20, 2018, you have until September 1 to obtain a new physical. The physical needs to be on file with the school nurse. If you need a physical you should contact your physician, as soon as possible, to schedule a physical prior to the start of the first practice. **YOU WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A CURRENT PHYSICAL ON FILE AT SCHOOL.**
3. On Thursday, August 15th at 6:30 PM in the big gym, there will be a "Meet the Coaches" night. At the meeting we will review WAJ Athletic Department policies and procedures. You will also have an opportunity to meet the Varsity and Modified Coaches and obtain the mandatory paperwork for your son/daughter to begin fall sports.

Fall Sports Offered and Coaches

Sport	Coach	Start Date
Varsity Boys Soccer	Joel Middleton	August 19
Varsity Girls Soccer	Emily Lacombe & Nicole Ray	August 19
Varsity Golf	Janice Hitchcock	August 19
Varsity Cross Country	Jesse Berube	August 26
Modified Boys Soccer	Jim Adair	August 26
Modified Girls Soccer	Eve Tuttle	August 26
Modified Cross Country	TBD	September 2

If you have any further questions regarding the start of the fall athletic season, please feel free to email me jmiddleton@wajcs.org or call my office (518)734-3400 ext. 1189. Go Warriors.

Sincerely,



Joel Middleton

"Do right. Do your best. Treat others as you want to be treated" Lou Holtz

"Sports don't build character, they reveal it" John Wooden