

WEST SEATTLE HIGH SCHOOL

FALL SPORTS INFORMATION 2021-2022

Wildcat Motivation:

“Do something today that your future self will thank you for”

West Seattle High School Fall Sports Offered:

<i>Girls Sports</i>	<i>Cut Sport?</i>	<i>Boys Sports</i>	<i>Cut Sport?</i>
<i>Girls Volleyball</i>	<i>Yes</i>	<i>Football</i>	<i>No</i>
<i>Girls Cross Country</i>	<i>No</i>	<i>Cross Country</i>	<i>No</i>
<i>Girls Swim</i>	<i>No</i>	<i>Boys Golf</i>	<i>Yes</i>
<i>Girls Soccer</i>	<i>Yes</i>		
<i>Girls Golf</i>	<i>Yes</i>		
<i>Girls Slow-pitch Softball</i>	<i>Yes</i>		

Is your Wildcat registered for sports this school year? Registration begins August 1st!

“We are very excited to announce that the West Seattle High School is launching FinalForms, an online system that will help us boost compliance and safety. FinalForms allows you to complete and sign forms from your computer, tablet, or mobile device.

FINALFORMS™



The best news is: FinalForms saves data from season-to-season and year-to-year, meaning that you will never need to enter the same information twice!

FinalForms also pre-populates information wherever possible, for each of your students, saving you time if you have multiple children.

You may login any time to update information including emergency medical contacts and information. You will be required to sign your forms once per year and any time you make an update.

We are asking that ALL parents of athletes use FinalForms.

Please register at: https://westseattlehs.seattleschools.org/student_activities/athletics/athletic_registration

Does Your Wildcat Need an Updated Physical?






NeighborCare Health (located in West Seattle HS) is currently doing physicals for all West Seattle HS Athletes! Appointments need to be scheduled in advance. All students should arrive wearing a mask and follow all social distancing expectations.

NeighborCare Health Contact:

sbhs@neighborcare.org

206-658-8048

Follow Your Favorite Wildcats on Social Media

	Twitter Handle: WSHSAthletics1		Instagram Handle: westseattle.athletics		Facebook Handle: West Seattle High School Athletics
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WILDCAT GIRLS VOLLEYBALL

Head Coach: Beth Lidgard

Contact Information: belidgard@seattleschools.org

Practice and Tryout Location: West Seattle High School Gymnasium

First Day of Tryouts: August 23rd, 24th, 25th

Tryout Times: 4:00pm – 6:00pm

Normal Practice Times: Monday – Friday: 4:00pm – 6:00pm, Saturday: TBD

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to tryouts on August 23rd**

WSHS Volleyball Game Schedule:

Dates	Game	Location	Time
09/06/21	Sequim @ WSHS	WSHS	JV: 5:30, V: 7:30
09/08/21	WSHS @ Evergreen HS	Evergreen HS	JV: 5:30, V: 7:30
09/13/21	Eastside Catholic @ WSHS	WSHS	JV: 5:30, V: 7:30
09/15/21	WSHS @ Lakeside	Lakeside HS	JV: 5:30, V: 7:30
09/16/21	South Kitsap @ WSHS	WSHS	JV: 5:30, V: 7:30
09/20/21	WSHS @ Ballard	Ballard HS	JV: 5:30, V: 7:30
09/22/21	WSHS @ Rainier Beach	Rainier Beach	JV: 5:30, V: 7:30
09/27/21	WSHS @ Chief Sealth	Chief Sealth HS	JV: 5:30, V: 7:30
09/29/21	Cleveland @ WSHS	WSHS	JV: 5:30, V: 7:30
10/04/21	WSHS @ Roosevelt	Roosevelt HS	JV: 5:30, V: 7:30
10/06/21	Bishop Blanchet @ WSHS	WSHS	JV: 5:30, V: 7:30
10/11/21	Cleveland @ WSHS	WSHS	JV: 5:30, V: 7:30
10/18/21	Ingraham @ WSHS	WSHS	JV: 5:30, V: 7:30
10/20/21	Lincoln @ WSHS	WSHS	JV: 5:30, V: 7:30
10/25/21	WSHS @ Nathan Hale	Nathan Hale	JV: 5:30, V: 7:30
10/27/21	Garfield @ WSHS	WSHS	JV: 5:30, V: 7:30

*Senior Night

Post Season Schedule	Location
11/02/21	Day 1 of Metro Tournament @ Highest Seed
11/04/21	Day 2 of Metro Tournament @ Highest Seed
11/06/21	Day 3 of Metro Tournament @ Chief Sealth
11/11/21	Day 1 of District Tournament @ TBD
11/13/21	Day 2 of District Tournament @ TBD
11/19/20 – 11/20/21	State Tournament @ Yakima Sundome

WILDCAT FOOTBALL

Head Coach: Jeff Scott

Contact Information: westseattlefootball@gmail.com

Practice Location: Hiawatha Playfield

First Day of Practice: August 19th

First Week of Practice: @ Hiawatha Playfield

April 19th Thursday: 9am – 6pm (Lunch provided)

April 20th Friday: 9am – 6pm (Lunch Provided)

April 21st Saturday: 9am – 6pm (Lunch Provided)

Normal Practice Times Starting August 23rd:

Monday - Friday: 4:00pm – 5:45pm, Saturday: TBD

Website: www.WestSeattleFootball.com

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to practice on August 18th**

WSHS Football Game Schedule:

Dates	Games	Location	Times
09/03/21	Sammamish HS @ WSHS	Southwest Athletic Complex	7:00pm
09/10/21	WSHS @ Bellingham HS	Civic Stadium, Bellingham WA	7:00pm
09/17/21	Chief Sealth @ WSHS	Southwest Athletic Complex	7:00pm
09/24/21	Kent Meridian @ WSHS	Southwest Athletic Complex	7:00pm
10/01/21	WSHS @ Bishop Blanchet	Bishop Blanchet HS	7:00pm
10/08/21	Lakeside @ WSHS	Southwest Athletic Complex	7:00pm
10/15/21	Ingraham @ WSHS	Southwest Athletic Complex	7:00pm
10/22/21	WSHS @ Roosevelt	Memorial Stadium	7:00pm

*Huling Bowl

*Senior Night

***JVC Schedule will be put together once league numbers are established**

Post Season Schedule	Location
10/28/21 – 12/04/21	Higher Seed Hosts

WILDCAT GIRLS SOCCER

Head Coach: Andres Rodriguez

Contact Information: andlararod@gmail.com

Girls Soccer Parent Liaison: Rhonda Gonzalez

Contact Information: speedygonzalesq@msn.com

Practice and Tryout Location: Walt Hundley Field

First Day of Tryouts: August 23rd, August 24th, (If necessary) August 25th

Tryout Times: 4:00pm – 5:45pm

Normal Practice Times:

Monday - Friday: 4:00pm – 5:45pm, Saturday: TBD

Incoming Transfers: contact Mr. Sorenson ASAP cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to tryouts on August 23rd**

WSHS Girls Varsity Soccer Schedule:

Dates	Games	Location	Times
09/07/21	Woodinville @ WSHS	Walt Hundley Playfield	4:00pm
09/07/21	WSHS @ Woodinville	Woodinville HS	JV & JVC 7:00pm
09/09/21	Lake Stevens @ WSHS	Walt Hundley Playfield	4:00pm
09/14/21	Lakeside @ WSHS	Walt Hundley Playfield	4:00pm
09/16/21	Skyline @ WSHS	Walt Hundley Playfield	4:00pm
09/21/21	Lincoln @ WSHS	Walt Hundley Playfield	4:00pm
09/23/21	Ingraham @ WSHS	Walt Hundley Playfield	4:00pm
09/28/21	WSHS @ Cleveland	Cleveland HS	4:00pm
09/30/21	WSHS @ Garfield	Memorial Stadium	7:15pm
10/02/21	WSHS @ Kentwood	Kentwood HS	7:00pm
10/02/21	WSHS @ Kentwood	Kentwood HS	JVC @ 3:00pm, JV @ 5:00pm
10/05/21	Franklin @ WSHS	Walt Hundley Playfield	4:00pm
10/09/21	WSHS @ Roosevelt	Roosevelt HS	7:00pm
10/12/21	WSHS @ Rainier Beach	SEAC	4:30pm
10/14/21	Nathan Hale @ WSHS	Walt Hundley Playfield	4:00pm
10/15/21	Camas HS @ WSHS	Walt Hundley Playfield	4:00pm
10/19/21	Ballard @ WSHS	Walt Hundley Playfield	4:00pm
10/21/21	WSHS @ Chief Sealth	SWAC	4:30pm

*Senior Night

*JV & JVC Non-Conference Games

*JV and JVC League schedule will be finalized after tryouts.

Traditionally schedules mirror the Varsity schedule with the home team switched for JV Games

Post Season Schedule	Location
10/25/21	Metro League Playoffs: Highest Seed Host
10/27/21	Metro League Playoffs: Highest Seed Host
10/29/21	Metro League Playoffs: Nathan Hale
10/30/21	Metro League Playoffs: SWAC
11/02/21	Metro League Playoffs: SWAC
11/04/21	Metro League Playoffs: SWAC
11/06/21	District Game: KingCo Host
11/ 08/21 – 11/20/21	WIAA 3A State: Higher Seed Hosts

WILDCAT GIRLS & BOYS GOLF

Head Coach: Joel Snow

Contact Information: WSHSGolfTeam@outlook.com

Practice and Tryout Location: West Seattle Golf Course

First Day of Tryouts: August 23rd & August 24th

Tryout Times: 4:30pm at West Seattle Golf Course

Normal Practice Times:

Monday – Thursday: 4:30pm – 6:30pm, Saturday: TBD

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to tryouts on August 23rd**

WSHS Boys and Girls Golf Schedule

Date	Competition	Location	Time
09/10/21	WSHS @ Lakeside	Jefferson Golf Course	3:30pm
09/15/21	WSHS @ Eastside Catholic	West Seattle Golf Course	3:30pm
09/21/21	WSHS @ Lincoln	Jackson Golf Course	3:30pm
09/30/21	Holy Names/O’Dea @ WSHS	West Seattle Golf Course	3:30pm
10/06/21	Cleveland @ WSHS	West Seattle Golf Course	3:30pm
10/13/21	WSHS @ Seattle Prep	Jefferson Golf Course	3:30pm

*Senior Night

Postseason Schedule	Location	Time
10/19/21	Boys Metro Golf Championships	8:00am
10/21/21	Girls Metro Golf Championships	8:00am
10/25/21	Boys & Girls District Golf Championships	7:00am

WILDCAT GIRLS SWIM & DIVE

Head Coach: Corey Sorenson

Contact Information: cjsorenson@seattleschools.org

Associate Head Coach: Daniel Strohmeier

Practice Location: Southwest Athletic Complex Pool

First Day of Practice: August 23rd

August 23rd – September 10th

Monday – Thursday: **Medgar Evers Pool**, 6:45pm – 8:00pm

August 24th, 26th, 31st: WSHS Weight Room, 7am –8:30am

Normal Practice Times:

September 13th – November 14th

SWAC Pool: Monday, Wednesday, Thursday: 6:45am – 7:45am

WSHS Weight Room: Tuesday: 4:00pm, Saturday: 9am

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to practice on August 23rd**

Date	Meet	Location	Time
09/11/21	Franklin @ WSHS	Queen Anne Pool	2:00pm
09/17/21	WSHS @ Garfield	SWAC Pool	4:00pm
09/24/21	Lincoln @ WSHS	SWAC Pool	4:00pm
10/01/21	WSHS @ Cleveland	SWAC Pool	4:00pm
10/08/21	Eastside Catholic @ WSHS	SWAC Pool	4:00pm
10/15/21	Nathan Hale @ WSHS	SWAC Pool	4:00pm
10/22/21	Bishop Blanchet @ WSHS	SWAC Pool	4:00pm

*Senior Night

Postseason Schedule

Date	Meet	Location	Time
10/29/21	Metro Championships	Snohomish Aquatic Center	TBD
10/30/21	Metro Championships	Snohomish Aquatic Center	TBD
11/06/21	District Championships	Mary Wayte Pool	TBD
11/07/21	District Championships	Mary Wayte Pool	TBD
11/13/21	WIAA State Championships	Weyerhaeuser King County Aquatic Center	TBD
11/14/21	WIAA State Championships	Weyerhaeuser King County Aquatic Center	TBD

WILDCAT GIRLS & BOYS CROSS COUNTRY

Head Coach: Shelley Neal

Contact Information: achildbecomes@gmail.com

Practice Location: West Seattle HS & Lincoln Park

First Day of Practice: August 23rd

Location: WSHS Historical Entrance (Facing Hiawatha)

Time: **TBD: Contact Coach Shelley Neal**

Normal Practice Times:

Monday – Thursday: 4:00pm – 6:00pm, Saturday: TBD

Wednesday: 3:00pm – 5:00pm

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

Students need to have all their paperwork completed on FinalForms as well as their physical updated prior to practice on August 23rd

Date	Host Team	Location	Time
9/15	Ingraham HS	Lower Woodland / Magnuson	Girls @ 3:40 Boys @ 4:10
9/22	Ballard HS	Lincoln Park	Girls @ 3:40 Boys @ 4:10
9/29	Garfield HS	LW/ Magnuson / Gen	Girls @ 3:40 Boys @ 4:10
10/15	Cleveland / West Seattle	LW / Magnuson / Gen	Girls @ 3:40 Boys @ 4:10
10/21	Metro Championships	LW / Magnuson	TBD
10/28	District Championship	Lower Woodland Field #2	TBD
11/16	WIAA State Championships	Sun Willows Golf Course Pasco, WA	TBD

*Senior Night

WILDCAT GIRLS SLOW-PITCH SOFTBALL

Head Coach: Jeremy Marzofka

Contact Information: jmarzofka@seattleschools.org

Practice and Tryout Location: Southwest Athletic Complex Softball Fields

First Day of Tryouts: August 23rd & August 24th

Tryout Times: 4:00pm at Southwest Athletic Complex

Normal Practice Times:

Monday – Thursday: 4:00pm – 6:00pm, Saturday: TBD

Incoming Transfers: contact Mr. Sorenson ASAP: cjsorenson@seattleschools.org

**Students need to have all their paperwork completed on FinalForms
as well as their physical updated prior to tryouts on August 23rd**

***Numbers will determine if WSHS has a team this year**

Schedule	TBD
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