

WEST SEATTLE HIGH SCHOOL

FALL SPORTS INFORMATION 2022-2023

Wildcat Motivation:

“Success is not final; failure is not fatal: it is the courage to continue that counts.”

West Seattle High School Fall Sports Offered:

Girls Sports	Cut Sport?	Boys Sports	Cut Sport?
Girls Volleyball	Yes	Football	No
Girls Cross Country	No	Cross Country	No
Girls Swim	No	Boys Golf	Yes
Girls Soccer	Yes		
Girls Golf	Yes		

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-life/athletics/>

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: Bethany Lidgard

Contact Information: belidgard@seattleschools.org

Practice and Tryout Location: West Seattle High School Gymnasium

First Day of Tryouts: August 22nd

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 22nd

WILDCAT FOOTBALL

Head Coach: Jeff Scott

Contact Information: westseattlefootball@gmail.com

Practice Location: Hiawatha Playfield

First Day of Practice: August 17th

Contact Coach Scott about start times for the first week of practice

First Week of Practice: @ Hiawatha Playfield

Normal Practice Times:

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 17th

WILDCAT GIRLS SOCCER

Head Coach: Andres Rodriguez

Contact Information: andlararod@gmail.com

Girls Soccer Parent Liaison: Rhonda Gonzales

Contact Information: speedygonzales@msn.com

Practice and Tryout Location: Walt Hundley Field

First Day of Tryouts: August 22nd

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 22nd

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 22nd

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 22nd

WILDCAT GIRLS SWIM & DIVE

Head Coach: Corey Sorenson

Contact Information: cjsorenson@seattleschools.org

Associate Head Coach: Daniel Strohmeyer

Practice Location: Southwest Athletic Complex Pool

First Day of Practice: August 22nd

SWAC Pool: Monday, Wednesday, Thursday, Friday: 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 tryouts on August 22nd

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 22nd

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 22nd