

Fall Sports Tryout Information & Practice Schedules

REQUIRED PAPERWORK - All athletes MUST have a valid Physical (dated April 15, 2025 or later) and Mattawan Consent Form on file in the Student Activities Office prior to tryouts. Your Athlete will not be allowed to participate in any way until all forms are uploaded to their Students BigTeams Student Central account. **Please have your student-athlete set up an account and upload all paperwork prior to Monday, July 28 to allow for processing. Visit the Mattawan Athletics page and click on the link.**

Click on link below and then on Physical and Consent Form:

[2025-2026 Physical Form](#)

CROSS COUNTRY - No Cuts for this team! Sign up: [2025 Cross Country Team Website](#)

Monday, August 11th - Mandatory Practices begin. Daily practices begin at 8:00 am. Meet on the benches outside of the Weight Room Door of the HS. Once school is in session practices will be from 3-4:30 daily.

Please bring good running shoes and socks and water! **Please be sure to have your Physical and Consent forms uploaded into your Student Central account several days prior to Tryouts.**

9th FOOTBALL - Monday August 11th - Mandatory practices will officially begin. Practice is from 5:00 pm - 8:30 pm. We will have a short break from 6:40-6:55 pm for a light snack and hydration. Each athlete should bring: Practice Pack T-shirt, Practice Pack shorts, gym shoes, cleats, and helmet if you have received one. Our first scrimmage is August 21st. @ Niles High School. Time is TBD.

ALL players MUST have their Physical and Consent forms uploaded into your Student Central account before being allowed to participate in practice.

Click [HERE](#) to view 9th grade football practice & game schedule

10th-12th FOOTBALL - Monday, August 11th - Mandatory Practices begin. Practice is from 3:30 pm until 9:30 pm (Dinner Break between practices). Please meet in the weight room. Each athlete should bring: T-shirt, shorts, gym shoes, cleats, and helmet if you have received one. Our first scrimmage is August 21st in Niles. **Please be sure you have your Physical and Consent forms uploaded into your Student Central account several days prior to Tryouts.**

GOLF - WOMEN'S - Two day tryout Monday, August 11th and Tuesday, August 12th at 2:00.if you are interested in trying out for the team, email Coach Haines @ khaines@mattawanschools.org . All tryouts will be conducted at Lake Cora Golf Course in Paw Paw. Please feel free to practice on the course at your own expense prior to tryouts! After tryouts - Practices will take place everyday at Lake Cora at 2:00 until Coach starts school and then practices will take place at 3:00. Athletes must have their own rides to and from the golf course- if an athlete plans to ride with another athlete, they must complete all necessary forms to do so. All golfers must supply their own set of clubs, tees and golf balls. **Please be sure to have your Physical and Consent forms uploaded into your Student Central account several days prior to Tryouts.**

SOCCER - MEN'S - Monday, August 11th & Tuesday, August 12th from 10:00 am until 12:00 pm. Tryouts will be on the Soccer Practice Field West of the HS. Bring Running Shoes, Cleats, Shin Guards, Water, and Snacks. **Please be sure to have your Physical and Consent forms uploaded into your Student Central account several days prior to Tryouts.**

SWIM AND DIVE - WOMEN'S - **No Cuts for this team!** If you are interested in swimming please email Coach Nokomis @ cnokomis@mattawanschools.org. Mandatory Practices will start on Monday, August 11th. **You will not be allowed to participate without a valid Physical and Consent form. Please make sure one is uploaded into your Student Central account several days prior to Tryouts.**

TENNIS - MEN'S - Tryouts will be held Monday, August 11th from 4:00-6:00 with a parent meeting at 6:15 (by the courts) at the Mattawan High School Tennis courts. Tryouts will continue from 9:00 am until 11:00 am for the rest of that week (August 12-15) **Please be sure to have your Physical and Consent forms uploaded into your Student Central account several days prior to Tryouts.**

VOLLEYBALL - Tryouts will be held on Monday, August 11th 4:00-6:00, Tuesday August 12th 4:00-6:30 and Wednesday, August 13th from 4:00-6:00 pm in the Mattawan High School Gym. Attending all tryout dates is mandatory. Players should wear athletic shorts (spandex or regular), T-shirt and shoes appropriate for a gym floor, and your water bottle. Please make sure you have your Physical and Consent **uploaded into your Student Central account several days prior to Tryouts.**