

DMMS Fall Sports Info

All athletes must have a sports physical on file prior to trying-out. VHSL physical forms are available online ([VHSL Physical Form / VHSL](#)) and in the main office at DMMS. Physicals may be obtained from family doctors or from places such as Urgent Care or Med Express. All 6th, 7th, and 8th grade students are eligible to try out. Please contact Jacob Houser with any questions or concerns. (houserj@wps.k12.va.us)

Athletes should plan on attending all dates try-outs are held.



Girls Basketball

8th Grade head coach: Carissa Phillips (phillipsc@wps.k12.va.us)

7th Grade head coach: Hannah Long (longh@wps.k12.va.us)

Try-outs: Wednesday, Aug 12th - Friday, Aug 14th (3:30-5:30)

Please pick athletes up at the **Athletic Entrance near the rear of the school.*

Please bring: Shorts, T-Shirt, Water Bottle & Basketball Shoes

Boys & Girls Cross Country

Girls Head Coach: Jennifer Bruening

Boys Head Coach: Stephen Nelson (nelsons@wps.k12.va.us)

Practices begin Tuesday, August 11th (3:30 – 4:45)

Please pick athletes up at the **Athletic Entrance near the rear of the school.*

Please bring: Shorts, T-Shirt, Tennis Shoes, & Water Bottle



Fall Cheerleading

Interim Head Coach: Sarah Brown (browns@wps.k12.va.us)

Try-outs: Wednesday Aug, 12th - Friday, Aug 14th (3:30 – 5:00)

Please pick athletes up at the **Athletic Entrance near the rear of the school.*

Please bring: Shorts, T-Shirt, Water Bottle & Tennis Shoes

Football

Head Coach: Tim Mondell (mondellt@wps.k12.va.us)

Try-outs: Tuesday, Aug 11th - Thursday, Aug 13th (3:30-5:30)

Please pick athletes up at the **DMIS Main/5-6 Entrance near the front of the school.*

Please bring: Shorts, T-Shirt, Water Bottle, Cleats and/or Tennis Shoes



***Athletes should NOT purchase any specialized clothing or footwear prior to try-outs.**

