



PLEASANT HILLS MIDDLE SCHOOL
404 OLD CLAIRTON ROAD
PLEASANT HILLS, PA 15236
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Daniel Como
Principal

Jodi Knight
Vice Principal

Dear Parents and Guardians:

Any 7th or 8th grade student who is interested in participating in Fall athletics, please note important dates regarding upcoming practices, open gyms, and/or conditioning. Also included is information for the required PIAA Health Physical for all participants. ***You must have a completed sports physical prior to participating or trying out for any sport.*** All PIAA physical information **MUST** be submitted **ONLINE** through the “Healthy Roster” website. If you are a new user to Healthy Roster, please contact Jen McNamara, athletic trainer, at jmcnamara@wjhsd.net, and include your child's full name, birth date, and graduation year. She will either create your child's account and send you an invitation to join or send an invitation for an existing child's account. <https://www.wjhsd.net/Athletics.aspx> (Click on link)

7th and 8th grade Volleyball
(Coaches Mrs. Startari and Mrs. Kilcoyne)

The Open Gym day is available to help you prepare for volleyball tryouts. **Open Gym is voluntary.**

PHMS Volleyball Open Gym (7th and 8th Grade Girls)

- Wednesday, August 12, 10:00 AM to 11:00 PM

PHMS Volleyball Tryouts

8th Grade (2 days, both days mandatory):

- Tuesday, August 25, 2:35 PM to 4 PM
- Wednesday, August 26, 2:35 PM to 4 PM

7th Grade (2 days, both days mandatory):

- Wednesday, August 26, 2:35 PM to 4 PM
- Thursday, August 27, 2:35 PM to 4 PM

***ALL of the dates listed for tryouts, for your grade, are mandatory if you want to be considered for the middle school team.**

[Click here](#) for the letter from the coaches for more information

If you are interested in trying out for the team and have questions, please email Mrs. Startari (8th grade) or Mrs. Kilcoyne (7th grade) and make sure you have your physical completed.

8th grade - jstartari@wjhsd.net 7th grade - mkilcoyne1@wjhsd.net

7th and 8th grade Football

(Coaches McClain, Kerr, Melillo, and Tuladzieck)

* [Click here](#) for the letter from Coach McClain

7th and 8th grade Boys and Girls Soccer

(Boys' Head Coach, Mr. Shoemaker and Girls' Head Coach, Mrs. Luciew)

Boys' Soccer Team Information: *The Boys Middle School Soccer team will be having tryouts on Monday August 24th and Tuesday August 25th from 3:00-5:00 PM at Briesinger Field. Please make sure the boys have their physicals completed and their Healthy Roster. Your son will not be able to try out if these items are not completed and turned into the school. Coach Shoemaker's email is r_shoemaker9@hotmail.com.*

Girls' Soccer Team Information: *Students in grades 7 and 8 are invited to participate in preseason soccer practice sessions, which will be held on the following dates:*

Wednesday July 29th 5:30-7 at Beedle Park

Tuesday August 4th 6:30-8 at Breisinger Field

While it is not mandatory, it is encouraged to attend to prepare for tryouts and for teambuilding purposes.

Tryouts will be held on Monday August 24th and Tuesday August 25th 3:30-5:00 at Breisinger Field.

A completed sports physical form must be submitted before participation in any team activities. For further information, contact Coach Luciew at jennifer.luciew@gmail.com

7th and 8th grade Cross Country

(Head Coach Mr. Paull)

Wednesday, August 19th will be our first official practice of the season at PHMS from 3:00-4:00 pm. We practice every day except Friday. More information can be found by clicking the following link: [Middle School Cross Country 26-27](#).

*****Important Information*****

- 1.) Any student athlete without a physical or proper documentation submitted will not be permitted to participate.
- 2.) Parents of athletes should join our **Remind App** for updates on practices, busing, and competitions using the following link: <https://www.remind.com/join/Wpau>
- 3.) If you have any questions you can contact Coach Paull at wpaul@wjhsd.net

Middle School Swimming

Hello Parents,

The Middle School Swim Season is right around the corner. We are coming into our 3rd Pilot year and looking forward to some new faces. Middle School Swimming is a great way to introduce yourself into the sport of swimming. No matter your ability level, we have a place for you. If you are interested in MS Swimming, please click on the link below for more information.

[Middle School Swimming Form](#)

Please email slarkin@wjhsd.net with any questions.

Thanks and hope to see you soon.

Coach Larkin