

First Day for Fall Sports

Cheer (9th - 12th grade)

September 8th, 3:30 - 5:30 at WBHS

Cross Country (6th - 12th grade)

High School: August 17th, 7:00am - 9:00am at WBHS

Middle School: August 17th, 7:00am - 9:00am at WBHS

Football (7th - 12th grade)

High School: September 7th, 2:30 - 3:30 Equipment Handout, 3:45pm - 6:15pm Practice at WBHS

Middle School: September 8th, 3:45 - 5:30

Swimming (9th - 12th grade)

August 17th, 8:30am - 10:30am at WBHS Pool

Volleyball (7th - 12th grade)

High School: September 7th, 4:00pm - 7:00pm

Middle School: September 8th, 3:30pm - 5:30pm

Impact Testing

ImPACT is a neurocognitive test battery that provides healthcare professionals with objective measure of neurocognitive functioning as an assessment aid and in the management of concussion in individuals ages 12-59. Athletes are tested every two years through an internet based test, giving a baseline for healthcare professionals to compare if there is a suspected head injury.

All previous dates/times have been cancelled. Impact testing will now be offered:

Monday, August 17th

7:00 - 10:00 am

6:00 - 8:00 pm.

Another option is to **take the Impact test at home**. If you have a laptop or desktop computer, athletes may do it there. Athletes in 9th - 12th grade may have the link sent to their email. 5th - 8th graders must have it sent to a parent. Please let me know if you would like to do this and include the athlete's name and grade.

If you are unable to come on August 17th and don't have the ability to do the test at home please contact me so we can set up an alternate date. (cnier@wittbirn.k12.wi.us)

If you do not complete your impact test prior to the first day of practice, you will not be allowed to practice until it is complete.

Strength, Speed & Agilities

Strength, Speed & Agilities will continue through August 20th
Monday - Thursday 8:00 - 10:00 am

Contact Days and Open Gyms

Volleyball

Contact Day: August 4th, 9:00am - 1:00pm @ WMS

Open Gym: August 9th, 6:00pm - 8:00pm @ WMS

August 18, 8:00am - 10:00 am @ WBHS

August 19, 8:00am - 10:00 am @ WBHS

August 20, 8:00am - 10:00 am @ WBHS

August 25, 3:30pm - 5:30pm @ WBHS

August 26, 3:30pm - 5:30pm @ WBHS

August 27, 3:30pm - 5:30pm @ WBHS

September 1, 3:30pm - 5:30pm @ WBHS

September 2, 3:30pm - 5:30pm @ WBHS

September 3, 3:30pm - 5:30pm @ WBHS

Competition Schedules will be updated once we get more information from the WIAA.