

# FOOTBALL (Tryouts 8/17!)

August 17-20 (Wednesday-Saturday)

\*Bring water and light lunch/snacks each day.

\*Helmets only for 1st three days of practice.

8:30am - we begin at WHS gym.

1:30pm - done

Thursday-Saturday: 8am -- start at WHS gym for attendance/meetings

1:30pm -- done for the day

Sunday -- no practice

Aug. 22, Monday - 4pm - 8pm.

Tuesday - Friday (Aug 23-26) -- 4pm-6:30pm

Saturday, Aug, 27th - 8am - 11am practice.

Coach Devereaux

[devereaux.s@wenatcheeschools.org](mailto:devereaux.s@wenatcheeschools.org)



# Girls Soccer (Tryouts 8/22!)

Monday Aug 22:

7:30-8:15am at the track, 6:30-8:30pm at the Apple Bowl

Tuesday Aug 23:

6:30pm-8:30pm at the Apple Bowl

Wednesday Aug 24:

6:30pm-8:30pm at the Apple Bowl

Thursday Aug 25:

6:30pm-8:30pm at the Apple Bowl



Friday Aug 26:

11:00pm-12:30am at the Apple Bowl

Saturday Aug 27: Pictures time TBD

Week of Aug 29-Sept 2

Monday - Thursday 4:15-6:00

Friday JV Jamboree starting at 5pm and Varsity game  
7:00pm

Practices will be after school from 4:15pm-6:00pm unless  
otherwise scheduled.

Coach John Springer

whscoachspringer@gmail.com

# WHS VOLLEYBALL 2022

## TRYOUTS

August 22nd and 23rd

9:00 am-12:00pm and 4:00pm-7:00pm

TEAMS DECIDED BY 8-24

8-24 Practice 4:00 pm-7:00 pm

8-25 Practice 4:00 pm-7:00 pm

8-26- 2 day: 9:00 am-12:00pm & 4:00pm-7:00pm

8-27 Practice Varsity Only 8:00 am -10:00 am

8-29 Practice 4:00pm-7:00pm

8-30 Practice 4:00 pm-7:00pm

8-31 Practice 4:00pm-7:00pm

9-1 Practice 4:00-7:00 pm

9-2 Practice 4:00-7:00 pm

9-3 1st Non League Match @ Home



### PANTHER COACHES

|            |                                   |
|------------|-----------------------------------|
| HEAD COACH | MARNI MCMAHON                     |
| ASSISTANT  | KAYLA RANGLES- JV                 |
| ASSISTANT  | JORDAN MCGREGOR- VARSITY ASSIST.  |
| ASSISTANT  | EMILY ERVIN- C TEAM               |
| ASSISTANT  | MICHAELA SHEEHAN- D TEAM          |
| ASSISTANT  | PARKER IVARSEN- VOLUNTEER ASSIST. |
| ASSISTANT  | JUAN SANCHEZ- VOLUNTEER ASSIST.   |



### CONTACT INFO:

MARNI MCMAHON

(509) 679- 5122

MCMAHON.MARNI@WENATCHEESCHOOLS.ORG



All players must be cleared though Family ID in order to tryout. Players must attend all tryout sessions. Go to <http://www.wenatcheepanthers.com> to view Family ID and to access the 2022 season schedule.




# WHS VOLLEYBALL 2022




## AUGUST WORKOUTS




8-9-22 


Weight Room 10am-11:15 am & Speed Work WHS Track 7:30 pm- 8:30 pm

8-10-22 


Weight Room 10am-11:15 am

8-11-22 


Weight Room 10am-11:15 am & Speed Work WHS Track 7:30 pm- 8:30 pm

8-15-22 


Weight Room 10am-11:15 am

8-16-22 

Weight Room 10 am-11:15am

8-17-22 

Weight Room 10am-11:15 am & Speed Work WHS Track 7:30pm-8:30 pm

8-18-22 

Weight Room 10:00 am-11:15 am

Players Must Be Cleared  
Through Family ID to  
participate in workouts.  
Workouts are optional but  
highly encouraged.

**FOLLOW OUR INSTAGRAM PAGE AND  
FACEBOOK PAGE FOR SEASON INFO  
INSTAGRAM- WHSVB2022  
WENATCHEE PANTHER VOLLEYBALL -FB**

# Girls Swim (Starts on 8/22!)

## Swim Practices:

Mon: 8:30-9:30 AM\*, 3:45-6 PM

Tue: 3:45-6 PM

Wed: 6-7 AM\*, 3:45-6 PM

Thu: 3:45-6 PM

Fri: 6-7 AM\*, 3:45-5:30 PM

Sat: 8:30-11 AM



*\*weekday AM practices 8/29 - 10/21*

*\*no weekday AM practices after meets*

## Dive Practices:

Mon: 7-8 AM\*\* @ Apple Valley Gymnastics,  
5:30-7:30 PM

Tue: 5:30-7:30 PM

Wed: 6-7 AM\*\* @ Apple Valley Gymnastics,  
5:30-7:30 PM

Thu: 5:30-7:30 PM

Fri: 5-6:30 PM

*\*\*weekday AM practices 8/29 - 9/30*

Coach Kaitlin Kirby

[kirby.kaitlin@wenatcheeschools.org](mailto:kirby.kaitlin@wenatcheeschools.org)

# Cross Country (Starts on 8/22!)

Monday:

8:30am @ WHS

Tuesday:

8:30am @ WHS



Wednesday:

8:30am @ WHS

Thursday:

8:30am @ WHS

Friday:

11:30pm @ WHS Track (Midnight Mile)

Saturday:

10:00am @ Walla Walla Park

Coach Steve Roche

[roche.stephen@wenatcheeschools.org](mailto:roche.stephen@wenatcheeschools.org)

# Slow Pitch - TBD

