



# WESTFIELD AREA HIGH SCHOOL/MIDDLE SCHOOL

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Dear Parents and Guardians of Athletes,

As school is wrapped up for the year and summer begins the Westfield Athletic Department wants to provide you with important information about summer and fall sports starting in August. Reminder: The CO-CURRICULAR PARTICIPATION/CODE is a 12-month code and is not just for the season.

**Strength & Conditioning:** Our NEW Lifting and Speed Program is designed and administered by Westfield's Head Strength and Conditioning Coach, PJ Zoellner. The Pioneer Strong Strength Training Program will begin next Monday, June 5th. The program will run 6:45-7:45, 8:00-9:00, and 11:00 -11:45 Monday through Friday and be a 12-week program, ending on August 25th. **It is extremely important, and is an expectation, that ALL of our athletes attend.** If you have not started with our other athletes, today is a good day to begin. The purpose of the program is to improve the athleticism of Westfield students in order to perform optimally at sports and to reduce the rate of performance-related injury. Daily workouts will provide students with the means to improve their fitness, strength, power, speed, quickness, agility and flexibility. Please feel free to email Coach Zoellner at [zoellnerp@westfield.k12.wi.us](mailto:zoellnerp@westfield.k12.wi.us) if you have any questions.

**Fall Sports Meeting – Football Only:** This year's Fall Sports Meeting will run differently this summer with High School Football starting earlier than it has in the past. There will be a High School Football Meeting for football participants & their parents ONLY on July 19<sup>th</sup>, at 7:00 PM in the High School Auditorium. This is a mandatory meeting for all football players and their parents to meet the football coaching staff, go over schedules, expectations, and to get necessary paperwork.

**Fall Sports Meeting – All Other Sports:** The Fall Sports Meeting for all Middle School Fall Athletes Sports, Cheerleading, High School Cross Country, and High School Girls' Volleyball will take place on Thursday, August 3<sup>rd</sup> at 7:00 PM in the High School Auditorium. This is a mandatory meeting for athletes and parents to meet with their coaches and to get necessary paperwork. Each coach will have a team meeting to go over schedules, expectations, and other ways to get involved.

**Cross Country:** Middle School/High School Girl's and Boy's 6-8<sup>th</sup> grade Cross Country will start their season Monday, August 14<sup>th</sup> at 4:00 PM and will go to 6:00 PM. Practices run Monday through Friday outside of the Varsity Gym of the High School. Feel free to contact Coach Showen at [showenk@westfield.k12.wi.us](mailto:showenk@westfield.k12.wi.us) or Coach Romberg at [rombergk@westfield.k12.wi.us](mailto:rombergk@westfield.k12.wi.us)

**Volleyball:** Girls' High School Volleyball will start Monday, August 14<sup>th</sup> in the High School Gym. If you have questions please contact Coach Sobieski at [sobieskij@westfield.k12.wi.us](mailto:sobieskij@westfield.k12.wi.us) Girls' Volleyball for grades 7-8 will start Monday, August 21st at 4:00 PM at the Westfield Elementary School. Practices will run Monday through Thursday from 4:00 – 6:00 PM. There will be no practice on August 30th for School Open House. If you have questions please contact Coach Mularkey at [mularkeya@westfield.k12.wi.us](mailto:mularkeya@westfield.k12.wi.us) or Coach Bazeley at [bazeleyje@westfield.k12.wi.us](mailto:bazeleyje@westfield.k12.wi.us)

**Football:** High School Football will start on Tuesday, August 1<sup>st</sup>. If you have questions about high school football, please contact Coach Cheek at [jcheek57@live.com](mailto:jcheek57@live.com). Middle School Football will start Monday, August 21<sup>st</sup> at 4:00 PM. Practices will run Monday, Tuesday, and Thursday from 4:00 to 6:00 PM. If you have questions about Middle School Football feel free to contact Coach Fritz at [fritzl@westfield.k12.wi.us](mailto:fritzl@westfield.k12.wi.us)

**Cheerleading:** If you have any questions regarding High School Cheerleading questions please contact Coach Carey at [sandycarey3@icloud.com](mailto:sandycarey3@icloud.com)

**Physical Forms:** Physical forms will be found on the Westfield High/MS School web page under "Athletics." If you have any questions please feel free to contact the High School Office at (608) 296-2141.

Have a wonderful summer,

Jeff Steckbauer  
Athletic Director