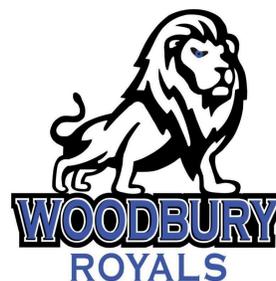


New Student and Incoming Ninth Grade Activity Opportunities



Welcome to Woodbury High School!

We promote excellence in academics, arts and athletics.

High School is a time for personal growth and exploration of new interests. I hope that you try something new, challenge yourself and go out of your way to meet new people. Woodbury offers many opportunities in fine arts, athletics and clubs. In September, an Activities Fair will highlight many club opportunities that will exist during the year. You can follow newsletters and the whsactivities.org website to learn more about upcoming events throughout the school year. Here is a snapshot of seasonal activities.

Please use www.whsactivities.org for information about WHS Activities.

Activity	Season/ Start Date	Levels of Play	Tryout Information
Adapted Soccer	Early September	Varsity	Special Education Criteria
Cross Country - Co-Ed	Aug 11	Junior Varsity & Varsity	Open to all ability levels, no cuts
Football	Aug 11	9th, 10th, JV, Varsity	Previous playing experience recommended, but no cuts
Soccer - Boys & Girls	Aug 11	9th, 10th, JV, Varsity	Previous playing experience recommended, but no cuts
Tennis - Girls	Aug 11	B Squad, JV, Varsity	Open to all ability levels, no cuts
Volleyball	Aug 11	9A, 9B, 10th, JV, Varsity	Previous playing experience, tryouts
Sideline & Comp Cheer	Year Round	Varsity	Tryouts are in the spring for fall cheerleading. Tryouts are in fall for winter sideline team.
Marching Band	Summer and Fall	All levels	Non Audition Activity, open to all levels
Musical	Sept 8	Cast & Tech Crew	Auditions - Info Meeting 9/4
Debate	Fall	Junior Varsity & Varsity	Auditions, new participants welcomed
Ultimate Frisbee	Fall & Spring	Varsity	Open to all ability levels, no cuts
Hot Shots	Fall & Spring	All levels	Open to all ability levels, no cuts

Robotics	Fall & Spring	All levels	Open to all ability levels, no cuts
Adapted Floor Hockey	Winter	Varsity	Special Education Criteria
Dance - Jazz & Kick	Oct. 20	Junior Varsity & Varsity	Open to all ability levels, no cuts
Hockey - Boys	Nov. 10	JV & Varsity	Previous playing experience, tryouts
Hockey - Girls	Oct. 27	JV & Varsity	Previous playing experience, tryouts
Gymnastics	Nov. 10	Junior Varsity & Varsity	Previous playing experience recommended
Basketball - Boys	Nov. 17	9th 10th, JV & Varsity	Previous playing experience, tryouts
Basketball - Girls	Nov. 10	9th 10th, JV & Varsity	Previous playing experience is helpful
Alpine Ski	Nov. 10	Junior Varsity & Varsity	Open to all ability levels, need equipment
Nordic Ski	Nov. 10	Junior Varsity & Varsity	Open to all ability levels, need equipment
Swim & Dive - Boys	Nov. 24	Junior Varsity & Varsity	Open to all ability levels, no cuts
Wrestling	Nov. 17	9th, JV & Varsity	Open to all ability levels, no cuts
One Act Play	12/2	Cast & Tech Crew	Auditions - info meeting 11/20
Speech	November	JV and Varsity	Auditions, new participants welcomed
Pep Band	Winter	All levels	Non Audition Activity, open to all levels
Adapted Softball	Spring	Varsity	Special Education Criteria
Baseball	3/9 arm care 3/16 tryouts	9A, 9B, 10th, JV & Varsity	Previous playing experience, tryouts
Clay Target - Hot Shots	End of March	All levels	Open to all Ability levels
Softball	3/9	9th, 10th, JV & Varsity	Previous playing experience, tryouts
Golf - Boys	3/16	Developmental, JV & Varsity	Previous playing experience, tryouts
Golf - Girls*	3/16	Developmental, JV & Varsity	Previous playing experience helpful, may not be necessary
Lacrosse - Boys & Girls	3/30	B Squad, JV & Varsity	Open to all ability levels, no cuts
Tennis - Boys	3/23	B Squad, JV & Varsity	Open to all ability levels, no cuts
Track & Field - Boys & Girls	3/9	JV & Varsity	Open to all ability levels, no cuts
Volleyball - Boys	3/16	JV & Varsity	Playing experience helpful, tryouts
Spring Play	Spring	Cast & Tech Crew	Auditions

***numbers in these activities are needed, but previous playing experience is helpful**

WHS also offers select musical instrument ensembles in band, orchestra and choir that rehearse throughout the school year and perform in concerts.

In September, there will be an Activities Fair that showcases the 40 + student clubs available at WHS that are in addition to the fine art and athletic programs.

WHS Offers a variety of opportunities in clubs during the school year. Please view the Activities Website under [Activities and Clubs](#).

There is a school fee associated with activities. [Costs for participation in Activities](#).

Weight Room

Woodbury Royal Power and Speed is offered in the summer and school year. During the summer, there is a per participant fee. During the school year, use of the weight room with a trainer is free for students attending WHS at specified times. Registration is required for student-athletes using the weight room when not playing a sport. Students are not allowed to use the weight room when not a trainer is not present.

[Summer 2025 Training Information](#)

Booster Clubs

Booster Clubs are common with most activities. Booster Clubs help organize, fundraise and support the programs with different events and planning during the season. Many booster clubs ask for each participant to pay an additional fee to help cover season expenses such as warm up gear, team events, theme nights, dinners, money for extra coaches or supplementary equipment that the school can not provide. The extra fee is not mandatory, however, if you are able to help pay a portion it benefits your program. If you are not able to pay the booster club fee, please be sure to assist in fundraising and/or offering your time to the program.

Academic Eligibility

All students must be making progress toward graduation with sufficient credit completion each trimester to be eligible to play.

Exchange Students and Transfer Students

All exchange and transfer students that want to participate in sports should contact the Activities Director prior to the start of the season to complete MSHSL paperwork and discuss eligibility requirements.

Registration

Registration is required for participation in all activities. Information regarding registration, physical forms and parent meetings can be found on the [WHS Activities Website](#). Information about specific programs for summer training can be found on the individual pages for each activity on the WHS Activities Website. If you would like to reach out to a coach or director, you can find an email in the [staff directory](#).

Sports Qualifying Physicals

Please make sure your student has a current MSHSL Sports Qualifying Physical Form on file--they are good for three years. A wellness exam will not meet the criteria if it doesn't provide clearance for participation in sports.

- You can check your student's physical form by going under the Health tab of your [Parent Portal](#) account.
- Blank physical forms can be found [here](#).
- Physicals must be current through the end of a season in order to register
- All physicals should be turned into the Activities Office prior to the start of the season. It is encouraged to turn in the forms at least a week before the season begins.
- Completed physicals can be emailed to whsactivitiesphysicals@apps.district833.org, faxed to 651.425.4412, or brought into the Activities Office.
- Each family is responsible for completion and turn-in of their physical. The Activities Office are not able to call health clinics.
- The Activities Office must have entered the date of your current physical in the registration system in order for you to register. If you receive this message " You need to provide an updated sports physical for registration" and you have provided the Activities Office a copy, please make sure 48 hours have passed for us to process your physical.

Registration Information

- [Registration Link](#)
- You will need your student ID (found in the [Infinite Campus Parent/Student Portal](#)) in order to register.
- Paper registration will not be available, however a computer station in the Activities Office is available for use when setting up an appointment.
- Per school board policy, families that qualify for educational benefits (formerly referred to as free and reduced lunches) will have their participation fees waived. Families that qualify for reduced lunches will pay a reduced fee of \$30.
- The registration system should reflect this status.
- In order to receive reduced or free fee status, the yearly application fee and reduced lunch paper must be completed. The application must be completed prior to registration for each school year for fee reduction.
- [Educational Benefits Information](#)
- [Waiver of Confidentiality Form](#) - this form must be completed and turned into Nutrition Services for the sports registration fee to reflect educational benefits reduced pricing.
- [Online Reduced or Free Lunch Application](#)
- Questions about registration? Contact fees@sowashco.org

Anyone that is not registered will not be able to try out or play on the first day of athletics or activities.