

ATHLETIC DEPARTMENT NEWS – August, 2021

Just like that, it's August and we are officially underway with our fall sports season! Please visit the WC Athletic Department website at grwestcatholicsports.org for updated information regarding team schedules. Be sure to subscribe so you receive all updates.

Sport Passes and VIP Parking Passes

We have exciting news to share! We had an anonymous donor last year who wants all students at West Catholic to be able to attend all home sporting events for the regular seasons for free! Students can begin to pick up their passes the week of August 23 in the athletic office. Family passes and VIP parking passes will be made available to all families and the community early next week!

TeamSnap

All of our coaches have been asked to utilize TeamSnap for all communication with parents and athletes. Hopefully many of you are familiar with this application and we encourage you to download the application on your phone and speak with coaches if you have not already received an invitation to join a specific sport. TeamSnap allows for an easy way to look at rosters, contact information, schedules (including practices) and any communication coming from the coaches.

Strength Training

As we enter a second year with our strength coach, Adam Stoyanoff, the athletic department now requires our student-athletes to train two times per week. Coaches of athletes will work with Coach Stoyanoff regarding the schedule for their program. Please know we are providing many opportunities for anyone to train as we have added a 6th and 7th hour strength training class and are open five to six days a week for WC students! Be sure to communicate with [Coach Stoyanoff](#) regarding scheduling, absences or any questions related to strength training! Stay up to date with weekly schedules by following the Instagram account [@wcfalconstrength](#).

WC Uniforms

We have been having a hard time collecting our athletic uniforms after the seasons are complete. Please know that the school pays for every uniform that our student-athletes receive. If we do not receive them back, we will be charging families this upcoming year so we can be sure to provide uniforms to the next group of student-athletes using them.

MHSAA Update

As of right now, there are not any mandates specifically related to COVID-19. We will be sure to communicate any changes as we progress through the school year.

Physicals and Concussion Awareness

All students planning to participate in athletics during the 2021-22 school year are required to provide proof of a sports physical before the athlete is allowed to try-out, practice or compete in any sport. The MHSAA physical form can be found [here](#) and sent to camburns@grwestcatholic.org upon completion.

It should be understood that for MHSAA sports, the existing rules meeting completion requirements, concussion removal and return-to-play protocols, first begun in 2010, remain in effect. West Catholic has designated Ryan Vogel, our licensed Athletic Trainer, to evaluate suspected concussions. If a student is withheld from competition due to a suspected concussion, **he or she may not return at all on that day**

and only on a subsequent day with the written clearance of an MD or DO. A Parent signature is also required on the clearance form provided by the doctor.

If you have any questions regarding the upcoming seasons or West Catholic Athletics in general, please contact Megan Pittman, Athletic Director, at 616-233-5903 or Cam Burns, Assistant Athletic Director, at 616-233-5912. We look forward to another competitive athletic season and watching your student-athletes compete in the sports they love to play!

Go Falcons!