



# 2022-23 MHSAA WINTER SPORTS PRACTICE/TRY-OUT INFORMATION

## PHYSICAL REQUIREMENT

All student-athletes must have a valid sports physical on file at Lowell High School to participate in athletics. The physical must be dated on or after April 15, 2022. [MHSAA Physical Form](#) Parents may upload the physical form in FinalForms.

Students will **NOT** be allowed to practice or receive equipment/uniform until a completed MHSAA Physical/Health History Form is submitted to the Athletic Department.

## ALL STUDENT-ATHLETES MUST BE REGISTERED AT FINALFORMS ([Link](#))

Parents of incoming student-athletes must register at FinalForms and complete required forms; all current parents and student-athletes should log-in to FinalForms, update information (if needed), and select sports for the year. Students will **NOT** be allowed to practice or receive equipment/uniform until registered at FinalForms.

## STARTING DATES FOR WINTER SPORTS

- **Boys Basketball** - try-outs begin on **November 21** at 5:00 - 7:00 pm at LHS
- **Girls Basketball** - try-outs begin on **November 14** at 3:00 - 5:30 pm at LHS
- **Boys & Girls Bowling** - practice begins on **November 14** at Hillcrest Lanes in Belding
- **Competitive Cheer** - try-outs begin on **November 7** in Freshman Commons 3:00 - 5:30 pm;
- **Gymnastics** - practice begins on **November 1** at Runciman 3:30 - 6:00 pm
- **Hockey** - try-outs begin on **October 31**. Contact Coach Bultema for more information.
- **Boys & Girls Ski** - practice begins **November 14** in the HS Weight Room from 4:00 - 5:15 pm
- **Boys Varsity Swim & Dive** - practice begins on November 21 at Mary Free Bed YMCA. Contact Coach DeJong for more information.
- **Wrestling** - practice begins on **November 14** at Cherry Creek balcony at 3:00 pm

\*\*Please note that these times are tentative and subject to change. All practice information will be posted on the website ([Link](#)) as we learn of any changes. Season contest schedules are also available at [www.redarrowssports.com](http://www.redarrowssports.com) (also subject to change).

Boys Basketball Contact: <a href="mailto:coachbryanpowell@gmail.com">coachbryanpowell@gmail.com</a>	Girls Basketball Contact: <a href="mailto:HKent@lowellschools.com">HKent@lowellschools.com</a>
Boys & Girls Bowling Contact: <a href="mailto:cwitten215@gmail.com">cwitten215@gmail.com</a>	Competitive Cheer Contact: <a href="mailto:drcrumback@gmail.com">drcrumback@gmail.com</a>
Gymnastics Contact: <a href="mailto:rayg.gymnastics@att.net">rayg.gymnastics@att.net</a>	Hockey Contact: <a href="mailto:jbultema@davenport.edu">jbultema@davenport.edu</a>
Boys & Girls Ski: <a href="mailto:KByrne@lowellschools.com">KByrne@lowellschools.com</a>	Boys Swim Contact:: <a href="mailto:dejongt@calschools.org">dejongt@calschools.org</a>
Wrestling Contact: <a href="mailto:RJBoudro@lowelleducation.com">RJBoudro@lowelleducation.com</a>	