



Fall Sports Tryout/First Practice Schedule for 2025

(All athletes must have a physical on file dated after April 15th, 2025 to participate in Tryouts or practice)



Boys Soccer –

Tryouts from August 11th-13th

Tryouts will be from 5:30pm-7:00pm.

Practice will take place daily from 5:30pm-7:30pm on West Bloomfield Baseball Field or Stadium Turf.

Offseason workouts are offered from 5:30-7:30pm on 6/12, 6/19, 6/26, 7/7, 7/10, 7/14, 7/17, 7/21, 7/24, and 7/28

And also from 3:30-5:30 on 6/10, 6/11, 6/17, 6/18, 6/24, 6/25, 7/8, 7/9, 7/15, 7/16, 7/22, 7/23, 7/29 and 7/30

Workouts on the stadium field at WBHS.

Please contact Coach Kostaske at bmkostaske@yahoo.com with any questions.

Boys Tennis –

Boys tennis tryouts will be August 11th, 12th, and 13th at West Bloomfield High School. The tryouts will be from 2-3:30pm. If there is rain, the boys will be expected to come indoors to Franklin Athletic Club (times may change) and must pay a \$5 fee.

Following tryouts, practices will run 2:30-4pm daily at West Bloomfield High School.

Please contact Head Coach Chris Ludwig- cludwig@adrian.edu with any questions.

Girls Field Hockey-

Tryouts will begin August 11th and 12th from 6pm-8pm on WBHS Softball Field.

You will need: field hockey stick, soccer or field hockey cleats, field hockey shin guards, and mouth guard. Current Physical and on-line registration required through FinalForms.

Please contact Head Coach Zahid Marwat me-mcp@hotmail.com with any questions.

Football –

Summer Workouts Begin Monday, June 9th.

Summer Schedule:

Mondays: All levels and teams 5pm-8pm

9th Grade: Tuesday-Thursday 4pm-7pm

JV & V: Tuesday 5pm-8pm, Wednesday-Thursday 10am-1pm

Fall Season begins Monday, August 11th

Varsity: The Varsity Football team will be practicing daily on the WBHS stadium field beginning August 11th from 9am-Noon and again from 3pm-5:30pm until August 15th. From August 18th, after that and throughout the season, practice will be daily from 2:45pm-6pm.

Please contact Head Coach Zach Hilbers Zachary.Hilbers@wbsd.org with any questions.

Junior Varsity: The Junior Varsity Football team will be practicing daily on the WBHS stadium field beginning August 11th from 9am-Noon and again from 3pm-5:30pm until August 15th. From August 18th, after that and throughout the season, practice will be daily from 2:45pm-6pm.

Please contact Head Coach Maurice Banks – mobanks11@yahoo.com with any questions.

Freshman: The Freshman football team will be practicing daily from August 11th 4- 7pm on the baseball field or football stadium. Throughout the season, practice will be from 4- 6:30pm.

Please contact wbfreshmanfootball@gmail.com or Head Coach Shanon Williams shanonwilliams@yahoo.com or Kevin King kevinkingjr@hotmail.com with any questions.

Girls Golf –

Practice tentatively scheduled for August 11th – 13th beginning at 3pm at Carl's Golf and in Bloomfield Hills. White Lake Oaks is the home course. We are currently interviewing for this position and will update information as soon as a hire is made.

Please contact Athletic Director Eric Pierce eric.pierce@wbsd.org with any questions.

Girls Swimming-

First Practice Date: 08/11/24

Practice Time Until School Starts: 2:30pm-5:30pm Monday-Friday, Saturday 8-11am

Practice Time When School Starts: After School-5:30 PM Monday-Friday; 5:30-7 AM Tue, Wed, and Fri; 8:00-11:00 AM Saturday

All Practice Locations are at the POOL.

Summer dryland going on currently Monday through Friday 2:30pm-3:30pm meeting at the Pool balcony doors.

Please contact Head Coach Ronson Webster ronsonwebster@gmail.com with any questions.

Cross Country-

Summer conditioning will be offered throughout the summer, on Tuesday's and Thursday's, starting on June 10th (7:30 a.m. - 9:00 a.m.). Meet at the WBHS stadium. All are welcome to attend.

Official start of the season begins on Monday, August 11th. These practices are considered mandatory.

Practice Times (before first day of school): 7:30 - 9:30 a.m. (Monday - Friday)

Practice Times (during school day): 2:45 - 4:45 p.m. *Tentative*

Practice Site: Meet at the WBHS Stadium ready to practice.

PARENT MEETING: TBD

Join Remind App: <https://www.remind.com/join/2025wbhsxc> or text @2025wbhsxc to the number 81010.

Information is also posted on the WBHS Cross Country website:

2025 WBHSXC Information: <https://www.wbhsxc.com/>

2025 WBHS Lakers Cross Country Sign-up Form: <https://forms.gle/h2j7zw9s6eUyykYL8>

For more information or any questions, please contact:

Nick Stration (WBHSXC Coach) – nicholas.stration@wbsd.org

Joanne Wegrzynowicz (WBHSXC Coach) - joanne.wegrzynowicz@wbsd.org

Volleyball-

Open Gym Dates:

6/11, 6/16, 6/18, 6/26 from 3:30-5:30pm in Main Gym.

7/9, 7/14, 7/16, and 7/28 from 3:30-5:30pm in Main Gym.

Camps:

7/17-7/18 CMU Team Camp

7/30 Middle School Camp (9am-12 noon)

Tryouts: August 11th – 13th. Times TBD. Tryouts take place in WBHS Gymnasium.

You can find important program information, and scheduling through our team communication app at: <https://band.us/n/a2afb4afq1X1s>

Contact Coach Armstrong at michael.armstrong@wbsd.org with any further questions.

Sideline Cheer –

Tryouts for all levels will be June 9th through 11th 5-7pm.

Parent Meeting, June 13th at 5:30pm in the ICenter.

For the month of July practice schedule is below.

Varsity, JV and Freshman: Tuesdays and Wednesdays 5-7PM.

Gymnastics Wednesday 5-6pm

Varsity: beginning August 11th practices will be Monday, Tuesday, Thursday from 5-7 PM.
Games will be Friday evenings.

Please contact Head Coach Brandi Hale brnd830@gmail.com with any questions

JV : beginning August 11th practices will be Monday, Tuesday, Wednesday from 5-7 PM.
Games will be Thursday evenings.

Please contact Coach Cyann Duncan cyan.alexis@gmail.com with questions

Freshman: beginning August 11th practices will be Monday, Tuesday, Wednesday from 3:30-5:30 PM. Games will be Thursday afternoons.

Please contact Coach Brooke Duncan brookenicoled11@gmail.com with questions

All practices will take place in the cafeteria.

Pom Pon- Tryouts for the West Bloomfield Pom Squad took place on Monday, June 16th from 2:30pm – 4:30pm and Wednesday, June 18th from 2:30pm – 4:30pm. Practices over the summer are in the Dance room and Coach will contact the participants at the conclusion of tryouts with the exact dates/times.

Fall Practice Calendar: Tuesdays- 2:30-4pm, Wednesdays and Fridays – 2:30-4:30pm

Please contact Head Coach Kelley Unrath- Kelley.unrath@gmail.com with any questions.

Equestrian-

Practices will begin at the end of June and run through September. (schedule will depend on # of riders)

We participate in (3) Meets all held in September: 9/6, 9/13, & 9/20 (additional Regionals 9/26-9/28 & States 10/8-10/12 if qualified)

The Equestrian Team is a self-funded sport and has an initial fee of \$200 per participant to MIHA (Michigan Interscholastic Horsemanship Association), Practice fees & Horse Lease are not included in this cost.

Team practices at a Private Barn, but is open to those who own their own horse.

Please contact Head Coach Shawn Glowzinski with any questions: WBHSEquestrianTeam@gmail.com

Sailing-

Please contact Eric Ellison eric.ellison@communitysailingschool.net or Lynn Frikker frikkerl@communitysailingschool.org with any questions.