

# Thinking about playing a Winter Sport?

## SGMS has Basketball, Wrestling and Cheerleading



### Practice/Tryout Times and Dates

**Cheer:** Practices Start: Monday Oct 12th-Thur Oct 15th 3:00-4:00

Tryouts are Monday, Oct 19th 3:15-4:30. Meet in the Band Room

**Girls Basketball:** Thursday October 15-Friday Oct 16 3:00-4:30

**Boys Basketball:** Thursday October 15-Friday Oct 16 4:45-6:15

**Wrestling:** Practices start Thursday, October 15th 3:00-4:30. Held at Spring Garden

### Who can participate:

7th or 8th Grade Boys/Girls

### What you need in order to tryout:

Impact Testing

Updated Physical

Activity Fee Paid of \$25-prior to 1st contest

Please see Mrs Lowe or email at [meganlowe@sjsd.k12.mo.us](mailto:meganlowe@sjsd.k12.mo.us) with questions

Informational Meeting for students on Wednesday, October 7th @ 1:30 in the gym

