

**OHSA/District policy - Each athlete will need the following to participate in tryouts and practice.**

**Physical** - Athletes must have a valid Physical Exam on file (dated within 13 months of physical exam) dated and signed by a doctor. (Email a PDF copy to [tcain@solonboe.org](mailto:tcain@solonboe.org) or give the hard copy to the coach).

[Physical Waiver Form Link](#)

**Final Forms** - Each athlete must be registered on Final Forms and all forms must be signed electronically.

[Final Forms Link](#)

Solon Middle School Winter Sports	DATES	TIME	LOCATION
Meeting for all Winter Sport <b>Parents &amp; Athletes</b>	TBD	TBD	TBD
<b>WRESTLING</b> 7th and 8th Graders	Begins Nov. 17	3:45-5:30 pm	Parkside Elem.Gym
<b>SWIMMING</b> 7th and 8th Graders	Begins Oct. 16	7-8:15 am	SHS Pool
<b>BOYS BASKETBALL</b> 7th and 8th Grade Teams (Try-outs)	Nov. 3 Nov. 4 Nov. 6 Nov. 7 Nov. 8	3:45-5:30 pm 10:00-11:45 am 3:45-5:30 pm 3:45-5:30 pm 3:45-5:30 pm	SMS Gym (all)
<b>GIRLS BASKETBALL</b> 7th and 8th Grade Teams (Try-outs)	Oct. 27 Oct. 28 Oct. 30	3:45-5:00 pm 1:30-4:00 (2 sessions) 3:45-6:30 pm (2 sessions)	SMS Gym High School SMS Gym