



# Whitnall High School

---

2022-23 All Sports Meeting

#WHITNALLPRIDE

#WHITNALLIN



# ATHLETIC/ACTIVITIES OFFICE

---

Mr. David Pentek

Athletic/Activities  
Director

Whitnall

High/Middle  
School

414-525-8505

[dpentek@whitnall.com](mailto:dpentek@whitnall.com)

[@whitnallAD](#)

Mrs. Adria Day

Activities  
Administrative  
Assistant

High School

414-525-8512

[aday@whitnall.com](mailto:aday@whitnall.com)

Ms. Julie Sobush

Activities  
Administrative  
Assistant

Middle School

414-525-8661

[jsobush@whitnall.com](mailto:jsobush@whitnall.com)

# Reminders

---

- Co-curricular Handbook
  - [Whitnall High/Middle School Co-Curricular Code of Conduct](#)
- Academic Eligibility
  - [Academic Eligibility Calendar](#)
  - [Academic Eligibility Written Script](#)
  - [Academic Eligibility Video](#)
- Athletic and Activities registration
  - [Rscool registration](#)

# IN ORDER TO PARTICIPATE YOU MUST...

---

- Complete the [online registration](#) form.
  - Please follow all directions via the online form. If you have questions please contact the Athletic/Activities office.
- Have an up to date physical on file from your primary care provider (WIAA/Dance/Cheer only)
  - Physicals are needed every two years
    - Upload via on line registration
- Students must have a physical exam form that is dated April 1, 2021 or after to be eligible to participate in Athletics and Activities in the 2022-23 school year.

# IN ORDER TO PARTICIPATE YOU MUST...

---

- Complete baseling testing via Athletic Trainer
- Athletic fees will be posted via IC account and must be paid prior to the first day of practice or the student will not be cleared by the Athletic Office. (NEW 2022-2023 school year)
  - Credit Card payments via Infinite Campus
  - Check delivered to Mrs. Day at Athletic/Activities office

# Athletic FEES/OFFERINGS

---

- Football - \$150
- Soccer, Swim, Volleyball, Tennis, Cross Country, Cheer, Dance, Basketball, Wrestling, Track and Field, Baseball, Softball, Golf - \$100
- Fee Maximum
  - \$300.00 for Individual
  - \$600.00 for Family

# NEW FOR 2022/2023

---

- Activities

- Individuals that register and participate in competitive clubs and organizations not affiliated with our WIAA sporting teams are eligible to earn an Activities Letter based on criteria created by the organizations advisor or coach. Teams and organizations as of today that qualify for this

Rugby

Skills USA

Bowling

Trap

Forensics

Robotics

DECA

Mu Alpha Theta

Model UN

Mock Trial

Esports

# ACTIVITIES INFORMATION

---

- All info you may need will be located at the Activities web site [Whitnall High School Activities Page](#)
  - Please check the specific sports websites first. If you are not able to find info there, please check the resources page of the website. If you are still not able to find something, please contact the Athletic/Activities office during operating hours.



# ATTENDANCE AT SCHOOL

---

- Student-athletes must be in attendance for the FULL school day in order to practice or compete that evening
- Prior approval must be made with an administrator for excused absences such as funerals, college visits, MD/Dental/Eye appointments or other family circumstances
- A suspension (in or out of school) students may not participate during the suspension period.

# TRANSPORTATION

---

- All athletes are expected to travel to and from away contests with their team.
- We understand circumstances occur – if a parent needs to transport their student to or from the event a travel release form must be filled out and approved by the head coach. Once approved the head coach will keep the form for record keeping purposes.
- Travel release forms can be located under the resource tab of the Activities web site.

# SPORTS SCHEDULES

- Woodland Conference

The screenshot displays the Whitnall website interface. At the top, the browser address bar shows the URL [woodlandconference.org/public/genie/156/school/73/](http://woodlandconference.org/public/genie/156/school/73/). The website header features the Whitnall logo and the name "Whitnall". Below the header is a blue navigation bar with the word "CALENDAR" highlighted. The main content area shows a calendar for July 2022, with the current date set to "Today". The calendar lists the days of the week from Wednesday, July 6, 2022, to Tuesday, July 12, 2022. To the right of the calendar is a "COLLAPSE MENU" section with a search bar and a "GO" button. Below the search bar is a calendar grid for July 2022. Further down are links for "VIEW SCHEDULES", "GET THE MOBILE APP", "NOTIFY ME", and "LOGIN". On the far right, there is an advertisement for "Arrest Records" with the text "Uncover arrest records, police reports, criminal records, warrants and felony records." and a "TruthFinder" logo. At the bottom of the page, there is a link for "Obituaries & Death Notices" and an "Education.com" logo.

# SPORTS MEDICINE & TRAINING

---

Athletic Trainer: Bethany Shaw - ATC, LAT

- Contact Info: (414-234-6130)  
bashaw@whitnall.com
- WHS Coverage:
  - Training Room-Monday through Friday starting at 2:00 PM  
– Summer hours may vary
- Game Coverage
  - Varsity Sports and some lower level activities/tournaments

# SPORTS MEDICINE & TRAINING

---

## Wisconsin Bone and Joint Locations

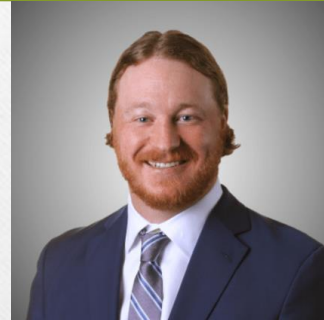
- Mayfair Office (Main Office)
  - 2500 N Mayfair Road., Suite 500, Wauwatosa, WI, 53226
- Glendale Office
  - 525 W. Riverwoods Parkway., Suite 130, Glendale, WI, 53212
- MOSH Performance Center
  - 7095 S. Ballpark Dr., Suite 100, Franklin, WI, 53132
- Midwest Orthopaedic Specialty Hospital
  - 10101 S. 27<sup>th</sup> Street, Franklin, WI, 53132

# SPORTS MEDICINE & TRAINING

---

## Jake Bauwens MD

- Orthopaedic Sports Medicine Physician
- High School: Brookfield Central
- Undergrad: University of Wisconsin-Madison
- Medical School: Rush University
- Residency: Medical College of Wisconsin
- Fellowship: Sports Medicine University of South Florida/Florida Orthopaedic Institute



## Sean Tracy MD

- Orthopaedic Sports Medicine Physician
- High School: Greendale High School
- Undergrad: Notre Dame
- Medical School: Northwestern
- Residency: Medical College of Wisconsin
- Fellowship: San Diego Arthroscopy and Sports Medicine



# COMMUNICATION IS KEY

---

1. Understand Chain of Command
2. Athlete-coach communication
3. Athlete/parent-coach communication
4. Athlete/parent-coach-AD communication
5. Athlete/parent-coach-AD-Principal communication

# COMMUNICATION CONTINUED

---

- District Activities page
- Sport specific web pages
- Coaches email
- Social media
- District Eweekly, Connect, Facebook page, and quarterly news letters



# WHITNALL HIGH SCHOOL BOOSTER CLUB

---

- <https://www.whitnallfalconboosterclub.org/>

# Team and Individual Pictures

---

- Check out photos taken by VIP on the [school-specific landing page](#).
- Please contact your Coach for the date/time of your team picture. Parents, your athlete's photos will be posted online within 3 weeks of your photo day for viewing and ordering. Please click [here](#) to sign up for email notification when your photo is ready to view and order. If you have any questions about sports team and individual pictures, please contact Visual Image Photography at [support@vipis.com](mailto:support@vipis.com).
- Senior Posters – all posters will be ordered by the school once photos are taken. Posters can be purchased by the individual for \$40. Please pay sport specific coach and make checks out to Whitnall Athletic Office.

# IMPORTANT DATES

---

- Homecoming Football Game – September 23rd
- Homecoming Dance – September 24<sup>th</sup>
- All other events please see Whitnall High School events calendar - [Whitnall High School Website](#)

# NEW COACHES FOR 2022/2023

---

- New Head Coaches at Whitnall High School
  - Girls Volleyball – Maya Grueneberg
  - Girls Basketball – Anthony Parr
  - Dance – Julia Stasiewicz
  - Cheer – Michaela Kennedy & Jessica Herriges

# TEAMS AND HEAD COACHES

---

## MALE SPORTS

FOOTBALL - ROB WIDUCH  
CROSS COUNTRY - RACHEL LICHT  
SOCCER - BRANDON STASIEWICZ  
VOLLEYBALL - **IN SEARCH OF**  
BASKETBALL - TRAVIS REISOP  
WRESTLING - JOHN QUINLAN  
SWIMMING/DIVING - MICHAEL LUCCHESI  
TRACK AND FIELD - CLAIRA DEVALK  
BASEBALL - BEN KREY  
GOLF - CRAIG AUSTIN  
TENNIS - MARY FRENTZEL  
HOCKEY - JOE BRITT  
DANCE - JULIA STASIEWICZ  
CHEER - JESSICA HERRIGES &  
MICHAELA KENNEDY

## FEMALE SPORTS

FOOTBALL - ROB WIDUCH  
CROSS COUNTRY - CLAIRA DEVALK  
TENNIS - MARY FRENTZEL  
VOLLEYBALL - MAYA GRUENEBERG  
SWIMMING/DIVING - GEORGE GUDDIE  
BASKETBALL - ANTHONI PARR  
WRESTLING - JOHN QUINLAN  
TRACK AND FIELD - CLAIRA HIMMEL  
SOFTBALL - JOHN QUINLAN  
SOCCER - BRANDON STASIEWICZ  
DANCE - JULIA STASIEWICZ  
CHEER - JESSICA HERRIGES &  
MICHAELA KENNEDY  
HOCKEY - JOE BRITT  
GYMNASTICS - KATIE MOORE

# THANK YOU

---

- THANK YOU PARENTS AND STUDENTS FOR ALL YOUR SUPPORT!
- HOPE TO SEE YOU AT OUR HOME EVENTS!
- GO FALCONS!