ASHLEY RIDGE HIGH SCHOOL – WINTER SPORTS INFORMATION

The Winter Season of sports at ARHS is quickly approaching. Following please find information regarding try-outs and practices for any students who are planning to participate in Basketball or Wrestling at ARHS. Before participating, please confirm your middle school student is zoned for Ashley Ridge High School.

Boys Basketball - AR Boys Basketball tryouts will start Monday, November 2nd at 6:15pm in the Main and Auxiliary gyms. You must have a current physical dated after April 1, 2020 and it must be uploaded to PlanetHS along with ALL the other necessary forms. The NEW physical form must be used and can be found on Planet HS, www.qofoxes.org, or in the front office of ARHS. Please have this done by October 28. Please email cucapers@dorchester2.k12.sc.us if you have any questions.

Girls Basketball — AR Girls Basketball tryouts will be held November 2-4 from 4:10pm-6:15pm in the Main gym. You must have a current physical dated after April 1, 2020 and it must be uploaded to PlanetHS, along with ALL the other necessary forms listed on Planet HS. The NEW physical form must be used and can be found on Planet HS, www.qofoxes.org, or in the front office of ARHS. Please have all forms submitted by October 28. Please email Coach Witten at ewitten@dorchester2.k12.sc.us if you have any questions.

Wrestling – AR Wrestling practices begin on Monday, November 2, 2020 at 4:15pm in the Auxillary Gym (Mini Gym). You must have a current physical dated after April 1, 2020 and it must be uploaded to PlanetHS, along with ALL the other necessary forms listed on Planet HS. The NEW physical form must be used and can be found on Planet HS, www.qofoxes.org, or in the front office of ARHS. Please have all forms submitted by October 28. Please email Coach Woods at www.gofoxes.org, Please email Coach Woods at www.gofoxes.org, or in the front office of ARHS. Please

All students must enter ARHS through the <u>Cafeteria Doors</u>. There will be a temperature check station as students enter.