

# **Winter Sports Information**

**\*\*All athletes must have a physical turned in before participating in any sport!!**

**\*\*All athletes must have an emergency medical form turned in to the coach!!**  
Physicals and emergency medical forms can be picked up in main office or go to:

<http://hms.hilliardschools.org/athletics>

Billy Martin, Athletic Coordinator: 921-7526

Heritage Middle School Athletic Hotline: 777-2222 x 2401

**Cheerleading**      Nov. 9, 10 and 11 after school until 4:45 in main gym  
7th grade girls wear a white tee-shirt  
8th grade girls wear a dark tee-shirt

**7th and 8th Girls' Basketball**    Nov. 9,10, 11th    5 to 6:45

**7th and 8th Boys' basketball**    Nov. 9, 10, 11th 7 to 9

**Wrestling starts Nov. 9<sup>th</sup> after school at Darby HS wrestling room. Practice will be over at 4:45.**