



## ATTENTION

WASHINGTON BLUE JAYS  
ATHLETES / PARENTS

**If you are interested in participating in WHS Blue Jay Athletics for the 2023 – 24 school year, please read below for important information.**

### Getting Started

If a student intends to play sports for the Washington Blue Jays, he/she must create an account in rSchoolToday and register for all teams he/she intends to play, prior to participation.

Link can be found on our athletic website  
**whsbluejayathletics.com**

Go to the **“Quick Links”** section on the right hand side and choose **“Activity Registration.”**

To ensure clearance for participation, a valid physical (within 2 years of the issue date) must be completed and signed by a doctor, then uploaded by the parent into the student’s online registration prior to the first day of practice/tryouts.

Physical forms can be downloaded from the MSHSAA website (under the Sports Medicine tab), WHS Athletics website or picked up from the WHS Activities office.

### Insurance Requirements

All athletes **MUST** have basic accident (medical) insurance coverage to participate in athletics. If you do not have medical coverage, please contact Bill Deckelman at [bill.deckelman@sdownmo.org](mailto:bill.deckelman@sdownmo.org).

### Important Dates (1<sup>st</sup> Allowable Practice Dates)

Aug. 7<sup>th</sup> - Fall Sports (Cross Country, Boys Swimming, Boys Soccer, Football, Softball, Volleyball, Girls Golf, Girls Tennis)

Oct. 30<sup>th</sup> - Winter Sports (Boys Basketball, Girls Basketball & Girls Wrestling)

Nov. 6<sup>th</sup> - Girls Swimming & Boys Wrestling

Feb. 26<sup>th</sup> - Spring Sports (Baseball, Boys Golf, Girls Soccer & Track & Field)

### Summer Camps & Off-Season Workouts

Summer Camp information can be found online at: [bluejaycamps.com](http://bluejaycamps.com) or by going to our website and click on “Summer Camps.”

For summer workouts or out-of-season open gyms, please contact the head coach. Most of our coaches have a Twitter account or an alternative form of electronic communication to stay updated on current happenings within the program.

### Social Media



@WHSBLUEJAYS



whsbluejays

### Athletic Websites

1. [whsbluejayathletics.com](http://whsbluejayathletics.com). – activities website
2. [mshsaa.org](http://mshsaa.org) – Missouri State High School Activities Association
3. [gatewayathleticconference.org](http://gatewayathleticconference.org)


### Activities Office Contact Information

Bill Deckelman, CMAA  
Activities Director  
[bill.deckelman@sdownmo.org](mailto:bill.deckelman@sdownmo.org)

Julie Holdmeier  
Administrative Asst. – Activities Office  
[julie.holdmeier@sdownmo.org](mailto:julie.holdmeier@sdownmo.org)

600 Blue Jay Dr.  
Washington, MO 63090  
636.231.2180

### Head Coach Contact Information

<u>Sport</u>		<u>Coach</u>	<u>Email</u>
Baseball	@WHSBlueJaysBSB	Dane Gough	dane.gough@sdownmo.org
Basketball (B)	@coachgy	Grant Young	grant.young@sdownmo.org
Basketball (G)	@BlueJaysGBB	Adam Meyer	adamb.meyer@sdownmo.org
Cheer	@WHSVarsityCheer	Jaden Heien	jnheien22@gmail.com
Cross Country	@CoachOlszowka	Mike Olszowka	michael.olszowka@sdownmo.org
Dance	@WHSJaywalkers	Jo Phinney	jophinney@sbcglobal.net
Football	@bluejayfootball	Matt Klein	matt.klein@sdownmo.org
Golf (B)	@WHSgolfcoach	Tim Buschmann	tim.buschmann@sdownmo.org
Golf (G)	@WashMOGirlsGolf	Ben Hornback	ben.hornback@sdownmo.org
Soccer (B)	@WHSsoccerJays	Brian Dougherty	brian.dougherty@sdownmo.org
Soccer (G)	@WHSJaysSoccer	Jalynda Vodnansky	jalynda.vodnansky@sdownmo.org
Softball	@WashMoBlueJays	Grant Young	grant.young@sdownmo.org
Swim (B)	@swimmingjays	Tracy Moreland	tracy.moreland@sdownmo.org
Swim (G)	@swimmingjays	Tracy Moreland	tracy.moreland@sdownmo.org
Tennis (G)	@tennisatWHS	Bill Stahlhuth	bill.stalhuth@sdownmo.org
Track & Field	@CoachOlszowka	Mike Olszowka	michael.olszowka@sdownmo.org
Volleyball	@JaysVolleyball	Olivia Strobe	olivia.strobe@sdownmo.org
Wrestling	@WASHMOWRESTLING	Josh Ohm	josh.ohm@sdownmo.org

### Washington High School Athletic Association (WHSAA)

The Washington High School Athletic Association helps provide additional funding to the athletic budget every year. It is their hard work and determination that make many of the things we provide our athletic programs possible.

If you are interested in joining, please contact Stacy Schiermeier at:

owls\_24@yahoo.com

Meetings are held on the 2<sup>nd</sup> Wednesday of the month at the KC Hall (6 PM).

### HELP YOUR ATHLETE – BEFORE, DURING, AND AFTER COMPETITION

Before  
Know their goals, roles and needs, and accept them.  
Release them to the game, their coach, and team.

During  
Model poise, confidence and correct behavior.  
Focus on our team.

After  
Give them all the time and space they need.  
Be a confidence builder.

*“You haven’t failed until you stop trying.”*

*Jon Gordon*

