

Fall Sports Information SY 26-27

Welcome to the 2026-27 school year! Fall sports are quickly approaching and I know our students are anxious to get started! Please do not hesitate to contact me, [Erin Unruh](#), if I can assist you in any way, or if you have questions. You may also contact our Athletics Secretary, [Dianne Yeagley](#) by email or call her at (785) 730-5229. Please find below information regarding Cross Country, Football and Volleyball.

ALL SPORTS: Physicals MUST be completed and on file in the middle school office **BEFORE** the first day of tryouts/practice (8/17/26)

- Forms available on our athletics [website](#) and in the office
- Physical must be completed on or after April 1, 2026
- **Athletes without a physical on file the first day of practice (8/17/26) will be sent home**

Heat Illness and Concussion Training

All athletes who wish to participate in a fall sport must complete two free online courses: Heat Illness and Concussions.

Both courses need to be completed BEFORE the first day of practice/tryouts. Athletes may print their completion certificates and give them to their coach on the first day of practice. They can also email the certificate to the SHMS Athletic Department.

Steps: Navigate to: [NFHS Learn](#), create an account, and complete the courses called [Concussions](#) and [Heat Illness](#).

These are no cost courses that must be "purchased" and checked out. Once they have been "purchased", students can complete each course at their own pace. The course has been successfully completed once the certificate can be saved or printed.

Once the certificate is saved, email SHMSAthletic@usd450.net a copy. In the subject line, include your athletes' name and sport.

Cross Country (non-tryout) – *Head Coach: Harrison Hillman*

- Practice begins on August 17th from 3:00-4:45 PM
- Athletes should meet by the concession stand area near the gym doors
- Parents pick up at 4:45 PM at the Middle School gym doors

Football (non-tryout) – *8th Head Coach: Erich Singer --- 7th Head Coach: Jason Brown*

- Equipment check-out for **8th graders** on Thursday, 13th from 3:00-5:00 PM
 - Use the north SHMS gym doors and walk to the locker rooms.
- Equipment check-out for **7th graders** on Friday, August 14th from 3:00-5:00 PM in the gym
 - Use the north SHMS gym doors and walk to the locker rooms.
- Practice begins on August 17th from 3:00-5:15 PM
- Parents pick up by 5:30 PM at the Middle School gym door

Volleyball (tryout) – *7th Head Coach: Rachel Wooten 8th Head Coach: Taryn Randall*

- Tryouts are August 17th – August 21st from 3:00-5:00 PM
 - 7th grade: Middle School Gym
 - 8th grade: High School NORTH gym
- Parents pick up no later than 5:15 PM at the Middle School Gym doors (both grades)
- Athletes will be notified of team selection by the end of the last day of tryouts. Depending on tryout numbers, there may be a first round of cuts on day 2 of tryouts.
- Need for tryouts: athletic clothing, sturdy tennis shoes, water bottle



Tim Urich, Principal
Erin Unruh, Assistant Principal / AD

- Your athletes **last name** should be visible on the back of the shirt. Long hair should be secured.
If your athletes' shoes are for gym wear only, please bring a secondary pair of athletic shoes that can go outside.

Helpful Links:

[SHMS Athletics General Information](#) & Schedules

[Athletic Eligibility Rules and the SHMS Handbook](#)

[Physical Form ready to print](#) (all physicals must have a date of April 1, 2026 or later)

[SHMS Calendar](#)