



## ***Winter All-Sports Meeting***

### **Important Dates and Information**

- **Tryout Dates:** Oct. 31<sup>st</sup> and Nov. 1<sup>st</sup> (All Levels @ Smiley Panther Dome 3:15 – 5:30pm)  
Freshmen will need to get a ride from a parent over to Smiley or they can ride the school activity bus over and they will be here in plenty of time. Remind your daughter to eat a snack before tryouts if she has an early lunch.
- Team Roster will be posted on Tuesday night, Nov. 1<sup>st</sup> by 8pm on the Glass Doors of the Panther Dome / The Rosters for each level will also be posted online under the Panther Prints Section @ 8pm.
- Frequently check the webpage @ [www.othsladypantherhoops.com](http://www.othsladypantherhoops.com) for updates, practice or schedule changes, statistics, cancellations, and any other information about the Lady Panther Basketball Program.
- The Annual Tip Off Dinner in the Milburn Campus Cafeteria (Nov. 15<sup>th</sup>) Tuesday (Time: 5:45pm)
- Blue / Gold Game (All Levels will participate) Wednesday, November 16<sup>th</sup> / Time: 6:00pm @ the Panther Dome.
- First Day of Official Practice will be on Nov. 2<sup>nd</sup>. (Frosh @ Milburn after school 2:45 to 5pm and JV/Varsity @ Smiley – Dome from 3:15 – 6pm)
- Mandatory Program Parent Meeting (Nov. 7<sup>th</sup> @ Smiley Campus / 7:00pm / Auditorium)  
Frosh parents will meet @ 6:30 then join the jv/varsity @ 7pm) parents bring your practice and game calendars because we will be going over important dates, signing up for concessions, etc.
- Individual and Team Picture Day (All Levels 3:30pm on Nov. 9<sup>th</sup>, Wednesday) Panther Dome
- Don't forget that you must have an **UPDATED SPORTS PHYSICAL**. (They are good for only 1 year from date of last physical.) A copy of the physical form can be found on the O'Fallon High School Sports Webpage under the "Panther Prints" section. If you are unsure if you have a "Sports" physical on file with the school, contact the nurse and they will let you know. Freshmen will not need a Sport's physical; their School physical meets the requirement.
- It is the coach's suggestion that the girls work out and exercise on their own the final week before tryouts. It is extremely important that we come in physically and mentally ready to compete!