

2025-26 Winter Sports Information

Hello!

Tryouts/practices begin on **Monday, December 1st, 2025**. If you have not already done so, sign up for winter sports through Arbiter Sports today! We don't want you to miss out! Once you sign up, the coaches will be able to contact you.

LINK TO REGISTER on Arbiter Sports:

<https://students.arbitersports.com/west-bridgewater-middle-senior-hs-activities-and-fees/west-bridgewater-2025-2026-west-bridgewater-athletics-registration>

Please review the link below to the Athletics Informational Night Presentation. This information applies to ALL students in Grades 7-12 participating in Athletics.

<https://docs.google.com/presen...>

Topics of to review:

*Bona Fide Team Member Rule

*Chemical Health Rule

*Captain's Practices Info

******If a student has an unexcused absence on the day before a game, they are not permitted to participate in the game, but they are still required to attend.**

REMINDERS:

Physicals: Athletes must have a current physical on file with the school. It must be dated within the past 13 months. Once the physical expires, the athlete cannot participate in practices or games until it has been updated. If you are unsure, please contact the school nurse to see if she has your most current physical.

Fee: Please make sure your Athletic Fee is paid or you will NOT be able to participate in winter sports until this is taken care of. You will only need to pay this fee once a year.

If you have any questions about the athletic fee payment or if you need to set up a payment plan please contact me at jhammel@wbridgewater.com.

2025-26 Winter Sports Tryout/Practice Information

****Boys Basketball(Varsity, JV, FR)-** Coach Jones, mjones@wbridgewater.com

*Monday, 12/1, Meet in the HS gym . Tryouts will be 2:15PM-4:15PM. Please arrive on time, bring an empty 3 ring binder and be ready to compete. You must be signed in on Arbiter Sports and make sure your physical is updated.

****Girls Basketball(Varsity, JV, Middle School) -** Coach Reddington, sreddington@wbridgewater.com

Monday, 12/1, Meet in the Lockerroom at 3:45PM for attendance/paperwork. Tryouts will be 4:15PM-6:15PM.

****MS Boys Basketball-** Coach Sylvester, coachgeorge35@gmail.com

*Monday, 12/1 Meet in the MSHS gym at 6:00PM. Tryouts will be 6:15PM-8:15PM. Please arrive 15 minutes early and bring your own water. You must be signed in on Arbiter Sports and make sure your physical is updated.

****Girls and Boys Winter Track:**

Boys winter track Coach Allison, don-allison@comcast.net

- Monday, 12/1. Meet in the area away from the cafe, outside the gym. Please arrive before 2:30 p.m. Bring a water bottle and please dress for being outdoors for more than an hour. Wear running shoes as well. Practice should go until 4:00 p.m. or shortly thereafter. Also have your physicals completed.

Girls Winter Track Coach Smith, indigopt@gmail.com

- Monday, 12/1. Meet in the area away from the cafe, outside the gym. Please arrive before 2:30 p.m. Bring a water bottle and please dress for being outdoors for more than an hour. Wear running shoes as well. Practice should go until 4:00 p.m. or shortly thereafter. Also have your physicals completed.

****Winter Cheer-**Please email Coach MacDonald, coachmacdonald978@gmail.com

Cheer will begin on Monday, 12/1 at 2:30PM in the cafeteria

****WEB Girls Ice Hockey-**Coach Jim Crites, jcrites@ebpe.net

12/1-TBA

12/2-3:40PM on ice practice @ Bridgewater Ice Arena

12/4 - 4:30PM on ice @ Bridgewater Ice Arena

****WEB Boys Ice Hockey-**Coach Mike DErrico ricoderrico@comcast.net, mderrico@edps.net

12/1-3pm Arrive at Bridgewater Ice Arena (On ice 3:40PM)

12/2-3:30pm Team Meeting in Conference room at Bridgewater Ice Arena

****Gymnastics(Grades 9-12) -** Coach Cudworth, gymdude131@yahoo.com

12/1-Monday 2:30PM-4:00PM @Spectrum Gymnastics

12/3-Wednesday - 2:30PM-4:00pm @Spectrum Gymnastics

12/4-Thursday 2:30PM-4:00pm @spectrum Gymnastics

Let's Go WB and see you soon!

Ms. Hammel