

Please see the following document to find out any information regarding Summer Athletics at Wilson Hall. We have also listed the best person to contact if you have any questions. Any general questions can be sent to Glen Rector, Athletic Director, at glenrector@wilsonhall.org, or Rip Ripley, Assistant Athletic Director at ripriley@wilsonhall.org.

Physical Paperwork

Prior to participating in any preseason or in-season athletic activities, you must have completed all of your online physical paperwork via Studentcentral.bigteams.com (formerly PlanetHS). There are instructions on the Wilson Hall website for both new and returning students for how to complete this paperwork. A current Dr. Physical is required before participation in any sport over the summer. Any questions regarding Physical Paperwork should be directed to Coach Rip Ripley at ripriley@wilsonhall.org or by phone at 843-327-5186.

Follow us on Social Media!

For news and updates, follow Wilson Hall Athletics on or social media accounts

Facebook: Wilson Hall Athletics

Twitter: @WH_Barons

Instagram: whbarons

Weight Room Hours

Our Strength Program is run by Coach Sam Watford and assisted by our staff coaches. This summer, we are excited to offer weightlifting times for all of our athletes in grades 6-12. These times will be available Monday-Thursday from June 2-July 17 (exception of week June 30-July 4 due to SCISA dead week).

7:30-10:00-Football players in Grades 8-12

10:00-11:00-All Male Athletes in Grades 8-12

11:00-12:00-All Female Athletes in Grades 8-12

11:00-12:00 (M/W only)-All Female Athletes in Grades 6-7

4:00-5:00-All Male Athletes in Grades 6-7

These hours allow us streamline workout programs for all of our athletes during the summer months and is strongly encouraged for all athletes to attend when they are in town. If you have any questions, please contact Coach Watford or Coach Ripley

Football

Adam Jarecki-Head Football Coach – adamjarecki@wilsonhall.org, 803-533-9768
Neal Moersen – Head JV Coach – nealmoersen@wilsonhall.org, 803-316-7946
Brad Scott – Head Bteam Coach – bscott@scottequipmentandsurfacing.com, 803-607-6229

Grades 8-12:

Summer Workouts Begin Monday, June 2 at 7:30AM and will continue Monday-Thursday throughout June and July

Weight Room will be closed the week of June 30-July 4 and from July 21-23

Starting July 24, Practice will be Monday-Friday until the first game

July 24 Practice begins at 7:30AM

Summer 7 on 7 schedule/Scrimmage Schedule
June 12-Home v North Central HS
June 18 @ Carolina Academy
June 25 Home v Carolina/Calhoun/Orangeburg Prep
Aug 1 @ Cardinal Newman 9:00am
Aug 8 @ Lee Academy 9:00am
Aug 13 Home v Calhoun/Hammond 6:00PM

Grades 6-7:

Bteam will meet on Tuesday/Thursday in June and will meet Monday-Thursday for a two week session in July from July 7-July 18. Football workouts will be at 5:00.

Volleyball

Rip Ripley-Head Volleyball Coach- ripripley@wilsonhall.org, 843-327-5186
Brittany Thrower – Bteam Coach – bdflag82@gmail.com

Here is a list of a few of the opportunities that will be offered this summer:

-Practice/Open Gyms/Scrimmages- This is an opportunity for the coaches to see you play and to help identify areas that we can work on improvement. This time will mostly be spent in competition, but will also include some fundamental work. This year, we will also have some scrimmage nights for those interested in playing at the Varsity Level. This is for all girls in rising grades 9-12 (HS Open Gyms) and rising grades 6-8 (Middle School Open Gyms)

-Summer Conditioning: This will take place on every Monday-Thursday listed on the calendar. Grades 8-12 will meet Monday-Wednesday at 11:00 and the 6th-7th graders will meet on Monday and Wednesdays only. This includes Weightlifting as well as Speed and Agility Training. This is highly recommended for our players as a great way to get into shape and build strength for the coming season. Students are asked to make as many sessions as possible, but are strongly encouraged to try and make when they are in town.

-Camps/Gym Hours: We will be offering a few camp opportunities throughout the summer.

Baron Volleyball Camp (Rising grades 3-8) will be offered at Wilson Hall from July 14-16 from 9:00am-12:00pm . It will be a basic fundamental camp for girls who are interested in playing volleyball, and will be incredibly valuable for all middle school girls interested in trying out for Bteam/JV. Cost is \$125.00. Sign-ups for this camp are made through the Wilson Hall Summer Program!

Volleyball Team Camp: This summer, we will be hosting a team camp at Wilson Hall the week of July 16-18. (Note: this is a Wednesday-Friday). In the past we have had college coaches come and host clinics at Wilson Hall throughout the month of June, but this year, we will be hosting them throughout our team camp! Cost for Team Camp is \$100.00 and is encouraged for all athletes that are looking to play JV or Varsity volleyball. More information and registration forms will be sent out soon once we get a finalized schedule!

-Gym Hours: The final offering for the summer is Gym Hours. By SCISA rule, I can work with up to three girls at a time without it counting against our official workout days (reserved for practice/camp). Gym Hours are by appointment/availability and are done on an individual (up to 3) basis. This is a great time for the girls to receive some more focused instruction while allowing us to continue to evaluate each player. If you would like to get with me and reserve a time slot, I am here to help you with whatever aspect of your game that you want (FREE OF CHARGE!). I really hope that the ladies will take advantage of this offering.

Some other notes:

-Please see the calendar for tryouts. If you are unable to attend tryout dates, please let us know as soon as possible so that we can work out an evaluation. All tryouts will begin on Monday, July 28. I will have a complete Season schedule to hand out as we get into the summer

-We will require all high school players to wear ankle braces for participation. You are also responsible for getting your own knee pads. Spandex shorts are allowed while practicing and competing, but must be covered before exiting the gym.

Cross Country

We will communicate with students and parents through Remind. Please reach out to Reid Schwartz (803-236-3009) with your name and number if you would like to be added to the group. You can also use the code whcross25 to join.

Summer workouts will begin on Monday, June 9 for all high school athletes unless contacted by coach. Middle School athletes will begin on Monday, July 7.

Workouts will begin at 6:30 AM, and will last until 8:00 AM M-Th and 7:00-8:30 on Friday

NO PRACTICE

*June 30th-July 4th

*July 21st-23rd

Official practice will begin Monday July 28. THE PRACTICE TIME WILL CHANGE TO 5:30PM- 7:00 PM. We will remind you of this when the time comes... If we practice on Fridays, it will be in the morning (6:00am).

At the start of each week, we will send the workouts to everyone. We encourage all runners to try and make the workouts when in town. It's a great way to keep everyone accountable. If you miss a week for vacation or are out of town, you will have the workouts so you can keep up with the training program. Please communicate with us when you are going out of town.

Swimming

Coaches Contact Info (Email Preferred)

Jeanna Mahr – jeannamahr@wilsonhall.org 803-840-6557

Assistant Coach-Amy Brown amybrowncpa28@gmail.com 575-921-2183

Preseason (Summer) Practices

Summer Practice will begin on Monday, June 2 for Grades 5-12. Summer Conditioning will be Mondays/Wednesdays from 7:30-9:00am at the Sumter Aquatic Center.

Mandatory tryout for all swimmers on July 16th at the Aquatic Center from 7:30-9:00am.

New Swimmers: 5th Grade must complete 100 yd Freestyle and 50 yd of another stroke

6th-12th grade must complete 200 yd freestyle and 50 yd of another stroke

Returning Swimmers: 200 yd freestyle for time.

Parents Meeting for regular season and swim suit fitting July 17th at 5:30 at Nash Student Center.

Parents should contact the coaches directly with any questions and for more details on schedule.

Cheerleading

Frances James– Varsity Head Coach francesjames@wilsonhall.org and abclaureu@gmail.com

Anne Gratz, Ashley Melton – JV Coaches annegratz@wilsonhall.org, ashleymelton@wilsonhall.org

Courtney Moore - B-Team Coach courtneymoore@wilsonhall.org

Equestrian

All new riders that are interested in being a part of the Wilson Hall Equestrian Team, please contact Emily Anne Beasley at 803-460-1711 or by email at emilyannebeasley8@gmail.com

Tennis

Julia Sorrells – Varsity Tennis Coach – Julia.sorrells11@gmail.com
JV Coach Hanna Rivers

Girls Golf

Coach- Ryan Dutcher rdutcher@safefed.org 803-968-3346
Coach Zach Hicks

If interested in girls golf, please contact Ryan or Zach at the numbers listed above. If you daughter attended the interest meeting in May, an invitation to join the Girls Golf Remind app was sent to the players and parents. If you did not receive the invitation or are having issues joining the Remind, please contact Ryan as this will be the primary form of communication for the season.

Practice will officially begin in early August, with the first match in late August. If your golfer waits until the first day of practice to pick up a club, they will not have the time needed to be competitive in this sport. Getting out this summer to practice and play as much as possible is a great way to prepare for the season. Detailed below are a few ways your golfer can prepare for the season.

Sporting Clays

Brent Hiott – Head Coach- bhiott@ftc-i.net

Boys Basketball

Rip Ripley- Head Basketball Coach– ripriley@wilsonhall.org, 843-327-5186

Hunter Sheridan – JV Coach – huntersheridan@wilsonhall.org

Neal Moersen – Assistant Coach – nealmoersen@wilsonhall.org

For a Full Summer Schedule and more basketball information, please get in touch with Coach Ripley

-Open runs/Practices- This is an opportunity for the coaches to see you play and to help identify areas that we can work on improvement. This time will mostly be spent in competition, but will also include some fundamental work. Open Gym/Practices will be Mondays and Wednesdays from

Weightlifting- Grades 8-12 will have opportunities to lift Monday-Thursday at 10:00. Grades 6-7 will lift Monday-Thursday from 4:00-5:00. If players are lifting with Football, this will count towards basketball as well.

Varsity Team Camp: This summer, we will be attending the SCISA live event for potential Varsity athletes at Heathwood Hall on June 20 and will have other scrimmages throughout the month of June. More details will be announced as we get closer to the event. If you are interested in going, please contact Coach Ripley to sign up.

-Gym Hours: The final offering for the summer is Gym Hours. By SCISA rule, I can work with up to three guys at a time without it counting against our official workout days (reserved for practice/camp). Gym Hours are by appointment/availability and are done on an individual (up to 3) basis. This is a great time for the boys to receive some more focused instruction while allowing us to continue to evaluate each player. If you would like to get with me and reserve a time slot, I am here to help you with whatever aspect of your game that you want (FREE OF CHARGE!). I really hope that the guys will take advantage of this offering.

Girls Basketball

Glen Rector – Head Basketball Coach – glenrector@wilsonhall.org

Fitness, Strength, Conditioning and Agility – Weightlifting Monday at 4:30 and Wednesday at 12:00. Speed and Agility Tuesday and Thursday 7:30-8:30am Optional Starting June 3rd

Open Gym and Scrimmages – All girls in grades 6-12 will meet on Tuesday/Thursdays from 5:00-6:30. Scrimmages will be announced later.

July 1-5 Closed Week – No athletic activities

July 22-July 26 Closed week – No athletic activities

Individual Skill Work – Schedule with one of the coaches. Groups of three works best. Summer is a time for skill development and improvement. Your hard work during the summer will pay off during the season.