



## ***Willows High School***

***203 North Murdock Avenue***

***Willows, CA 95988***

***(530) 934-6611 fax (530) 934-6619***

***[www.willowsunified.org/whs](http://www.willowsunified.org/whs)***

## **2026 ATHLETIC NEWSLETTER**

### ***Important dates and information for you!***

All athletes that play sports for Willows High School need a current physical (**dated on or after July 1, 2026**) on file in the WHS office. Physicals will be offered by Willows Pediatrics, 263 N. Villa Avenue, Willows on **July 14<sup>th</sup>** from 5:00 – 6:30 p.m. and these will be **free**. **All athletes should try and take advantage of this opportunity whether playing a fall, winter or spring sport.**

Athletes need to provide proof of insurance. This can be private, Medical (ID number is required) or student accident & health insurance purchased through Myers, Stevens & Toohey (<https://myers-stevens.com>). Also, athletes need to maintain a 2.0 GPA and not have more than one “F” in order to be eligible. Contact the WHS office if you have any questions regarding eligibility.

Student athletic packets will be available in the WHS main office and on our website at [www.willowsunified.org/whs/sports](http://www.willowsunified.org/whs/sports). This packet includes insurance information, the athletic code agreement, physical exam clearance, student emergency card, drug testing authorization form, helmet form, concussion form and social media Agreement. All forms and fines need to be paid and completed and returned to the WHS office before any athlete will be allowed to participate. Fall schedules will be posted on the website once they are available. ***For your information, the Willows High School office will reopen on July 16<sup>th</sup>. FIRST DAY OF SCHOOL IS AUGUST 6, 2026!***

### **Sports Information**

#### **Volleyball:**

Volleyball tryouts will be July 28 through the 30th for both JV and Varsity. Times are TBD. Attendance is MANDATORY for all 3 days.

All paperwork to play must be turned into the office by the 27th to be eligible to play. Please plan ahead.

We will be also holding a volleyball camp fundraiser for the 5th-8th graders July 6th-8th from 9AM-12PM at the WHS Gym. \$75 for all 3 days. A Google Form will be created for sign ups.

Please contact Lisa Chavez for more information.

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**James Lothschutz**  
Principal

**John Calonico**  
Asst. Principal  
Athletic Director

**Hunter Thompson/Bibiana McNeil**  
Counselors

**Football:**

Football practice will be every day from 9-10:30 A.M. starting on June 15th Monday through Friday. The weight room will be open from 10:30-noon on those days. There will be a free youth football camp on June 29-30 from 9-12 A.M. at the Willows High School practice field. This camp will be hosted by Willows high school coaches and athletes and is free of charge. All players from the ages of 7-14 are welcome to attend. For any questions contact Dave Milano at [dmilano@willowsunified.org](mailto:dmilano@willowsunified.org)

**Cross Country:**

See letter from Coach LaGrande that is on the website.  
[rlagrande@willowsunified.org](mailto:rlagrande@willowsunified.org)

**Swimming:**

Practice will begin the first week of school at 3:30. Please meet at the pool and be prepared to swim immediately. All new team members must be able to swim a 50 yard freestyle and be water safe. Plan ahead and bring goggles, a towel and a water bottle. You will be told ahead of time about weight room/dryland training. Dual sports athletes are welcome, as swimming is great cross conditioning for all other sports! Please see Coach Flowerdew if interested in dual sports to work out a practice/competition schedule. Coach Jen Flowerdew  
[jflowerdew@willowsunified.org](mailto:jflowerdew@willowsunified.org)

**Girls Tennis:**

Coach Jauregui will inform you when practices will start. If you have any questions, please email him at [victorjauregui001@gmail.com](mailto:victorjauregui001@gmail.com).

**Girls Flag Football:** More information to come when school is back in session.