

**Wilsonville High School**  
**Athletics & Activities Information**

**Cross Country:** David Barkley, Head Coach. Faculty Member, Math Department:  
[barkleyd@wlwv.k12.or.us](mailto:barkleyd@wlwv.k12.or.us)

XC Training will start for current HS students on June 2nd and will follow the schedule below until the end of the school year. Incoming Freshman can start running with the program on June 14.

Meet on the Track. Monday to Thursday: 2:30 to 4:00; Friday: 1:00 to 2:30

**Summer Schedule (Starting June 24): ALL WHS Students present and future (incoming 7th and 8th graders are welcome)**

Monday, Tuesday, Thursday, Friday: 10 AM to 11:45 AM

Monday & Thursday @ Wilsonville HS Track

Tuesday & Friday at Graham Oaks Parking Lot

Open to any students, no matter their training background.

Camp 2021: August 8th -14th. (Week 2): <https://ultimookrunningcamp.oregoncoastalflowers.com/>  
Discount Code: WILSONVILLE

**Football:** Adam Guenther, Head Coach, [guenthea@wlwv.k12.or.us](mailto:guenthea@wlwv.k12.or.us) and Matt Humphreys, Freshman Coach. [humphrem@wlwv.k12.or.us](mailto:humphrem@wlwv.k12.or.us) Both are Faculty Members, Math Department  
Program email: [Wilsonvillewildcatsfootball@gmail.com](mailto:Wilsonvillewildcatsfootball@gmail.com). To be added to the email chain, please send questions, names of potential players, and parent contact info to this address. They can also follow our social media pages and the football website: [wilsonvillefootball.com](http://wilsonvillefootball.com)

**Boys Soccer:** Ian Reschke, Faculty Member, Math Department: [reschkei@wlwv.k12.or.us](mailto:reschkei@wlwv.k12.or.us)  
Parents/athletes can get the latest boys soccer information at this link: (and get a code to access our boys soccer google classroom) <https://www.wlww.k12.or.us/Page/13689> Anticipate strength & conditioning workouts on Tuesdays & Thursdays 8:30am-10:00am, in July.

**Girls Soccer:** Alex Boehm: [boehma@wlwv.k12.or.us](mailto:boehma@wlwv.k12.or.us) and Dallas Malone: [maloned@wlwv.k12.or.us](mailto:maloned@wlwv.k12.or.us)  
The Girls Soccer Website is: <https://sites.google.com/wlww.k12.or.us/vvhsgirlssoccer/home>  
They will begin will begin summer workouts in July on Tuesdays and Thursdays at noon on the main field. Anticipate strength & conditioning workouts on Mondays & Wednesdays 8:30am-10:00am, in July.

**Volleyball:** Nathan Blankenship, Head Coach: [nathanblankenship@comcast.net](mailto:nathanblankenship@comcast.net) Open Gym Workouts beach volleyball opportunities will begin in late June and through most of July. Wildcat Volleyball Camp will be August 2-7. Anticipate strength & conditioning workouts on Tuesdays & Thursdays 10:30am-12:00pm, in July.

**Cheer Team:** Tryouts will be held June 14,15 and 16th 6:30-8:30pm. Location TBD  
Practices will continue over the summer prior to camp and then continue after moratorium!  
Overnight camp will be July 20-24th at United State Basketball Academy in Blue River if we are allowed to go. Anticipate strength & conditioning workouts on Mondays & Wednesdays 12:30pm-2:00pm, in July. **Contact info:** [wilsonvillehighschoolcheer@gmail.com](mailto:wilsonvillehighschoolcheer@gmail.com)

**Dance Team:** Donna Brown, Head Coach: [wilsonvillepridedance@gmail.com](mailto:wilsonvillepridedance@gmail.com). Feel free to reach out directly and our coach will be in touch regarding tryout and team commitment details. The Dance Team is offering rolling video tryouts for the team throughout the summer and would love to have as many students as possible tryout. Currently working on a possible in-person camp or possibly virtual camp. Dates are TBD

**Boys Basketball:** Chris Roche, Head Coach: [christopherjroche@gmail.com](mailto:christopherjroche@gmail.com)

**Summer Camps:** (All dates tentative)

June 28-July 1, 9am-1pm, Boeckman Creek outdoors (G3-G11)

July 5-July 8, 9am-1pm, Boeckman Creek outdoors (G3-G11)

July 12-July 15, Wilsonville HS (G8-G12 only)

### **Summer Boys Basketball**

In July, we are hoping to offer some sort of a summer basketball schedule comparable to what we have done in the past. We hope to offer a number of games either through tournaments or multiple games over weekends in the area. It is likely will field 3-4 teams, depending on participation. All participation is optional; play when you can! Details forthcoming soon.

**Girls Basketball:** Justin Duke, Head Coach: [Justin.duke@assurant.com](mailto:Justin.duke@assurant.com) Please contact for information regarding summer opportunities and fall workouts.

**Wrestling:** Jason Milham, Head Coach, Faculty Member, Science Department; Dallas Malone, Head Girls Wrestling Coach. Contact Information regarding Summer Workouts/Camp:

[MilhamJ@wlwv.k12.or.us](mailto:MilhamJ@wlwv.k12.or.us) and [MaloneD@wlwv.k12.or.us](mailto:MaloneD@wlwv.k12.or.us)

**Boys Golf:** Ryan Day, Head Coach: [prday@me.com](mailto:prday@me.com) Summer Activities TBD

**Girls Golf:** Chris Bensel: [cjbensel@comcast.net](mailto:cjbensel@comcast.net)

**Boys Lacrosse:** contact information for boys lacrosse is [WilsonvilleLaxCoach@gmail.com](mailto:WilsonvilleLaxCoach@gmail.com) and their Instagram is @WHS\_Boys\_Lax

**Girls Lacrosse:** Mark Waddell, Head Coach: [wilsonvillehsglax@gmail.com](mailto:wilsonvillehsglax@gmail.com) Planning to have workouts on Tuesdays and Thursdays beginning June 15. Will communicate details soon and/or email for further questions.

**Baseball:** Bryn Card: Faculty Member, Special Ed Department: [cardb@wlwv.k12.or.us](mailto:cardb@wlwv.k12.or.us) Please contact directly if looking for summer opportunities.

**Softball:** Steve Harms: <https://www.wilsonvillesoftball.org/> Please contact directly if looking for summer or fall opportunities.

### **Wilsonville High School Activities and Club Sports:**

[https://docs.google.com/document/d/1CdIKd\\_WXzG-spbAxlzg5ZUDW2yeVnvpVEqpW64T7yZY/edit](https://docs.google.com/document/d/1CdIKd_WXzG-spbAxlzg5ZUDW2yeVnvpVEqpW64T7yZY/edit)

**Programs that participate in OSAA Competitions:** Dance Team; Cheer Team; Band; Orchestra; Choir; Speech & Debate Team