

Wood Dale Junior High School Panther's Athletics

Wood Dale Junior High School offers competitive athletic programs for both girls and boys. We belong to the *Northwest DuPage Middle School Athletic Conference* which consists of six schools: Wood Dale (WDJH), Itasca (F.E. Peacock Middle School), Roselle (Roselle Middle School and Medinah Middle School), Hanover Park (Spring Wood Middle School), and Bloomingdale (Westfield Middle School).

WDJH offers the following sports, in order of season. For exact start and end dates see the school calendar.

August - October

Boys' and Girls' Cross Country

- 6th, 7th, and 8th Grade Team
 - No Try-Out Required
 - 3 Meets and Conference Meet
 - Coaches - Skog, Ward, Tiritilli-Hromada
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October - November

Girls' Basketball

- 7th and 8th Grade Teams
 - Try-Out Required
 - 6th Graders must be invited to try-out
 - 10 games; 5 home and 5 away
 - Coaches - Allaire and Ward
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December - February

Boys' Basketball

- 7th and 8th Grade Teams
- Try-Out Required
- 6th Graders must be invited to try-out
- 10 games; 5 home and 5 away
- Coaches - Martinez and Krzysik

Cheerleading

- 7th and 8th Grade Team
- Try-Out Required
- 10 games; 5 home and 5 away
- Coach - Weichenhain

Pom Poms

- 7th and 8th Grade Team
 - Try-Out Required
 - 5 home games
 - Coach - Miller
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February - April

Girls' Volleyball

- 7th and 8th Grade Teams
- Try-Out Required
- 6th Graders must be invited to try-out
- 10 games; 5 home and 5 away and Tournament
- Coaches - Ward, Martinez, Krzysik

Boys' Volleyball

- 8th Grade Team
 - Try-Out Required
 - 7th Graders must be invited to try-out
 - 10 games; 5 home and 5 away and Tournament
 - Coach - Esposito
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April - May

Boys' and Girls' Track

- 6th, 7th, and 8th Grade Team
 - No Try-Out Required
 - 3 Meets and Conference Meet
 - Coaches - Ward, Esposito, Weichenhain
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***Students must meet WDJH eligibility requirements to participate in the above sports. Each sport and coach as his/her team rules and requirements to participate. If you would like further information please contact the individual coaches.