

Summer Athletic Information

Boy's & Girl's Cross Country (Students 9-12)

Head Coaches: Mr. Matousch & Mrs. Hutchings

Workouts for all potential runners will be Monday through Thursdays from 6pm-7:30pm beginning 7/6/09.

Cheerleading (Students 9-12)

Head Coach: Mrs. Fane

Practices every Tuesday, Wednesday & Thursdays from 6-8pm beginning July 1.

Field Hockey (Students 9-12)

Head Coach: Mrs. Briles

Practices begin August 10. 7am-11am 10th-12th grades and 7am-9am for incoming 9th graders.

Football (Students 9-12)

Head Coach: Mr. Scuderi

Weight Training workouts are weekdays from 8am-10:30am and again from 4:30pm to 7pm, except Friday afternoons. Incoming 9th graders lift Tuesday & Thursday afternoons. Freshmen will have mandatory practices beginning August 17, 2009.

Soccer- Girls (Students 9-12)

Head Coach: Ms. Lee

Practice for all potential players (9-12) will begin August 17th 8am -12noon.

Soccer -Boys (Students 9-12)

Head Coach: Mr. Rose

Summer workouts will be held Mondays and Wednesdays from 5:30pm until 8pm beginning June 22.

Girls Basketball (Students 9-12)

Head Coach: Ms. Tracey

Voluntary open gym dates Tuesday & Wednesday 8:30am -10:30am beginning June 30.

Girl's Tennis (Students 9-12)

Head Coach: Ms. Deseno

Practices Mondays through Thursdays beginning July 27 from 9am-11am.

Volleyball (Students 9-12)

Head Coach: Mrs. Flukey

Voluntary summer workouts Mondays and Thursdays from 6:30pm-8:30pm beginning 7/6/09. Tryouts will be 8/24,25 & 26.

Wrestling (Students 9-12)

Head Coach: Mr. Barber

Voluntary workouts Mon. and Wed. 6pm-7:30pm beginning June 22.

Physical should be turned into the Athletic Office as soon as possible. No athlete may participate in any summer workouts without a valid physical.

The Athletic Office will review physicals that are submitted by the following dates:

June 29, July 27, August 14, 2009