

SCHS ATHLETICS - FALL SPORTS

All athletes must register in the athletic office and pick up a tryout card in order to practice.

To receive a tryout card, the athlete must bring the following:

1. A valid physical (completed on or after 4/15/18). MHSAA physical form may be found on the athletic website.
2. An Emergency Release form
3. Handbook "Statement of Understanding Form"
4. All forms must be completely filled out.
5. NO TRY OUT CARD - NO PRACTICE - NO EXCEPTIONS

<p>ATHLETIC OFFICE HOURS</p> <p>As long as all (3) forms for tryout card all completely filled out:</p> <ul style="list-style-type: none"> ● student-athlete may bring in the (3) forms and will receive a tryout card ● parent does not have to be present. 	<p>August 1st through the school year:</p> <p>7AM - 3PM</p>
<p>Cheer - Sideline - Varsity Head Coach: Chelsea Thomas cthomas@swcrk.org</p>	<p>First Practice: Wednesday, August 8, 2018 Cage Fieldhouse 9AM - 11AM</p>
<p>Cheer - Sideline - JV Head Coach: Emily Schillman EmilySchillman2015@gmail.com</p>	<p>First Practice: Wednesday, August 8, 2018 Cage Fieldhouse 9AM - 11AM</p>
<p>Boys & Girls Cross Country Head Coach: Tony Peel apeel@swcrk.org</p>	<p>First Practice: Wednesday, August 8, 2018 High School Parking Lot 8AM - 10:30AM</p>
<p>Football - Varsity Head Coach: Joe Spencer jspencer@swcrk.org</p>	<p>First Practice: Monday, August 6, 2018 Middle School Practice Field 8AM - 1PM</p>
<p>Football - JV Head Coach: Tom Miller tmiller@carmanainsworth.com</p>	<p>First Practice: Monday, August 6, 2018 Middle School Practice Field 3PM - 5PM & 5:30PM - 7:30PM Bring snack (2 a days are until August 14th)</p>

<p>Football - Freshman Head Coach: Tyler Kolarsky tkolarsky1@yahoo.com</p>	<p>First Practice: Monday, August 6, 2018 Middle School Practice Field 3PM - 5PM & 5:30PM - 7PM Bring snack (2 a days are until August 14th)</p>
<p>Golf - Girls - Varsity/JV Head Coach: Jeff Whiteley jwhiteley411@gmail.com</p>	<p>First Practice Wednesday, August 8, 2018 Holiday Meadows - Bring sack lunch 9AM - 2PM</p>
<p>Poms - Varsity Head Coach: Stephanie Zettel szettel@paychex.com</p>	<p>First Practice: Monday, August 20, 2018 Cage Fieldhouse 9AM - 11:30AM</p>
<p>Poms - Junior Varsity Head Coach: Nicayla Shumaker nicaylashumaker3@gmail.com</p>	<p>First Practice: Monday, August 20, 2018</p>
<p>Soccer - Boys - Varsity/JV Head Coach: Chad Reid chadreid@comcast.net</p>	<p>First Practice: Wednesday, August 8, 2018 Varsity Soccer Field at Middle School 6PM - 8:00PM</p>
<p>Swim/Dive Head Coach: Haley Eldred eldred_haley@yahoo.com</p>	<p>First Practice: Wednesday, August 8, 2018 MS Pool 7AM - 10AM</p>
<p>Tennis - Boys Head Coach: TBA</p>	<p>First Practice: Wednesday, August 8, 2018 MS Tennis Courts TBA</p>
<p>Volleyball - Varsity Head Coach: Deborah Tester dtester7@outlook.com</p> <p>JV Coach: Kathey Thayer kethayer2@gmail.com</p> <p>FR Coach: Alana Palm alanapalm12@gmail.com</p>	<p>First Practice: Wednesday, August 8, 2018 High School Gym 9AM - Noon 9th - 12th grade</p> <p>Thursday, August 9th High School Gym 9th & 10th grade: 10AM - Noon 11th & 12 grade: Noon - 2:00PM</p> <p>Friday, August 10th same as Thursday</p>