

## FIRST FALL PRACTICE INFORMATION

### 2011 Gaithersburg High School Fall Athletic Season First Practice Sessions

Athletic forms required for all tryouts are available on the GHS website

([www.gaithersburgathletics.org](http://www.gaithersburgathletics.org)) - **ALL FORMS ARE TO BE TURNED IN ONLY TO THE COACH IF YOU ARE COMING TO GHS AS A NEW STUDENT, YOU MUST BRING A COPY OF THE MEDICAL FORM – GHS ATHLETICS WILL NOT HAVE A COPY OF THIS FORM FROM YOUR PREVIOUS MIDDLE SCHOOL OR HIGH SCHOOL.**

**Cheerleading:** Nilda Keres (varsity) & TBD (jv coach)

Team tryouts from June 1<sup>st</sup> - June 6<sup>th</sup> 3:30 pm GHS gym.

**Cross County:** Mr. Herb Tolbert (head coach)

August 13<sup>th</sup> @ 6:30 – 8:30 am – Meet on the GHS stadium bleachers in back of the school with a second practice for the Varsity only at 6:30 PM. Saturday,

**Field Hockey:** Ms. Patricia Block (varsity) & Mr. Jay Maloney (jv)

Bring all forms to the first practice on the GHS field hockey (baseball) field on Aug. 13th from 7:30 – 10 am with a second practice on Aug. 13.

**Football:** Mr. Kreg Kephart (varsity and jv)

August 12 @ 12:00 pm – **VARSAITY ONLY** equipment handed out – JV report August 13 at 7:30 am and varsity practices on Aug. 13, 8:00 am meeting and practice 9 – 11 am with a second practice session in the afternoon each day from 2:00 pm – 5:00 pm

**Golf:** Mr. Randy Berger (varsity only)

August 15 site TBD – All athletic forms must be turned in to the coach and you **MUST** be dressed properly (shirt with collar – dress shorts or pants) with your own clubs and soft spikes to get on the course.

**Pompons:** Ms. Christy Swiger and Ms. Whitney Swiger

First fall practice Monday, August 15.

**Boys Soccer:** Mr. TBD (varsity) & Mr. Steve Schwarten (jv coach)

August 13 meeting at 7:00 am on the GHS stadium bleachers in back of the school – there will be two practice sessions each day – at the first practice, coaches will announce the times for the second practice.

**Girls Soccer:** Mr. TBD (varsity) & Mr. James Castonguay (jv)

August 13 - First practice on Aug. 13 from 7-9 am in front of GHS - there will be two practice sessions each day – at the first practice, coaches will announce the times for the second practice.

**Girls Tennis:** Coach Gilbert Cooper (varsity only)

August 15 at 10:00 am turn in all forms and practice at Forest Oak Middle School practice from 10:00 am – 12:00 pm. Other practices may be called.

**Girls Volleyball:** Ms. Michele Staymates (varsity) & Ms. Morgan Milford (jv)

August 13 at 9:00 am turn in all athletic forms and practice from 9 – 11 am - there will be two practice sessions each day – at the first practice, coaches will announce the times for the second practice.