

Winter Sport Contact Information

The first day of Winter Sports is Saturday, November 14, 2009. Paperwork should be turned in a week before the first day of tryouts to make sure that it is filled correctly and the student is able to participate, approximately Monday, November 9th.

Boys Basketball

Contact - Varsity Coach – Mr. Paul Foringer Paul_E_Foringer@mcpsmd.org

JV Coach - Jeff Simms - 301-977-4381

Girls Basketball

Contact - Varsity Coach – Colleen Kelly – Colleen_M_Kelly@mcpsmd.org

JV Coach – Watson Prather – Watson_H_PratherJr@mcpsmd.org

Indoor Track

Contact - Head Coach – Seann Pelkey – Seann_P_Pelkey@mcpsmd.org - 301-926-4532

Swimming & Diving

Contact – Varsity Coach – Dyann Dancy - Dyann_Dancy@mcpsmd.org

Wrestling

Contact – Varsity Coach – Chris Tao – Christopher_N_Tao@mcpsmd.org

JV Coach – Tim Tao– Timothy_N_Tao@mcpsmd.org

Paperwork for Athletes

Students **MUST** have the following on file at QOHS to participate in a Sport. **ALL paperwork must be correctly completed, signed and turned in to their coach before Friday, November 6th**. Some coaches may require other paperwork, please contact them for more information.

_____ **Student-Parent Permission Form** (1 necessary for each sport)
(completed and signed by Parent AND Athlete)

_____ **Completed Health Inventory** **OR**
Student has Current Physical on file at QOHS
(Physicals are good for only 1 year from the date of the exam)

NOTE: All forms can be found online at http://www.qohs.org/athletics/athletic_forms.php

Questions? Contact a coach or call the AD at 301-840-4599.