

FALL SPORTS FIRST TRYOUTS/PRACTICES - 2009

PLEASE see the Paperwork Collection information on the other side of this sheet for important information about turning in paperwork prior to tryouts. Information also available on our webpage: <http://www.qohs.org/athletics>

<u>FOOTBALL</u>	Contact - Varsity Coach – Dave Mencarini - David_A_Mencarini@mcpsmd.org 301-840-4581 JV Coach - Mr. Paul Foringer Paul_E_Foringer@mcpsmd.org
Equipment Issue -	August 14 th 12 th – 9am 11 th – 9:30am 10 th – 10am 9 th – 10:30am All Football Players - 1:30pm meeting in Auditorium
Practice starts -	August 15 th QO Locker Room 7-11am & 1-5pm
<u>BOYS' SOCCER</u>	Contact - Varsity Coach – Jim McEvoy – James_T_McEvoy@mcpsmd.org 301-814-3400 JV Coach - Kirk Myers – gosoccer@gmail.com – 240-271-2698
Practice starts -	August 15 th QO Track 8-10am & TBA 12-2pm
<u>GIRLS' SOCCER</u>	Contact - Varsity Coach – Peg Keiller - gosoccer@comcast.net JV Coach - Alison O'Connor – Alison_L_OConnor@mcpsmd.org
Practice starts -	August 15 th Aberdeen Park 8–10am & 12–2pm
<u>FIELD HOCKEY</u>	Contact – Varsity Coach – Laura Williams - Laura_S_Williams@mcpsmd.org JV Coach - Caitlin Ulmer – Caitlin_F_Ulmer@mcpsmd.org
Practice starts -	August 15 th QO Picnic Tables 8–10am & 3:30–5:30pm
<u>GIRLS' VOLLEYBALL</u>	Contact – Varsity Coach – Stacy Bureau – Stacy_Bureau@mcpsmd.org JV Coach – Angela Giuffreda – Angela_Giuffreda@mcpsmd.org -240-367-7723
Practice starts -	August 15 th QO Main Gym 8:30–11am & 1-3pm
<u>GIRLS' TENNIS</u>	Contact – Varsity Coach - Arjang Roshan 301-340-1582 (no JV team)
Practice starts -	August 15 th QO Tennis Courts 8–10am & 3:30–5pm
<u>CROSS COUNTRY</u>	Contact - Head Coach – Seann Pelkey – Seann_P_Pelkey@mcpsmd.org - 301-926-4532
Practice starts -	August 15 th QO Track 9am
<u>COED GOLF</u>	Contact – Head Coach – Jeff Simms - 301-977-4381 (no JV team)
Practice starts -	August 15 th Tryouts TBA, meeting on August 14 th at 4pm @ QO – Main Lobby
<u>CHEERLEADING</u>	Contact - Varsity Coach - Jennifer Yeck – Jennifer_K_Yeck@mcpsmd.org JV Coaches – Rori Silver - Rori_J_Silver@mcpsmd.org & Karen McBain – Karen_F_McBain@mcpsmd.org
Equipment Issue -	August 14 th Varsity 10-12am
Practice starts -	August 15 th QO Cafeteria – 8-10am (JV and Varsity)
<u>POMS</u>	Contact - Varsity Coach - Jennifer Martin- Jennifer_L_Martin@mcpsmd.org (no JV team)
Practice starts -	August 16 th QO Lobby/Outside Courts 7:30am-9:30am

Times subject to change due to weather. Questions? Contact a coach or call the AD at 301-840-4599