

## FALL COACH CONTACT, CONDITIONING and TRYOUT INFORMATION

(As of August 14, 2020)

### COACHING CONTACT Information

Sport	Coach Contact	Email
CHEER - Var	Laura Wise	all7wise@gmail.com
CHEER - JV	Elaine Duggan	elaine0116@me.com
CHEER - Junior High	Laura Wise	all7wise@gmail.com
CHEER - Middle School	Laura Wise	all7wise@gmail.com
Cross Country -Var	Steve Strellick	strellicksd@svsd.net
Cross Country -MS	Susan Moury	mourysm@svsd.net
Football - V/JV	Ron Butschle	butschlera@svsd.net
Football - JH	Michael Henry	henrymg@svsd.net
Football - MS	Mickey Flood	floodmp@svsd.net
Boys Golf - V/JV	Dean Leventopoulos	leventopoulusd@svsd.net
Girls Golf - V/JV	Kevin Wildrick	wildrickkt@svsd.net
Boys Soccer -V/JV	George Williams	williamsgh@svsd.net
Boys Soccer -JH	Brian Goche	gochebd@svsd.net
Boys Soccer -MS	Oliver Wiehe	wieheog@svsd.net
Girls Soccer -V/JV	Mark Perry	TriCountyIndoor@aol.com
Girls Soccer -MS	Kasey Kraus	krauskj@svsd.net
Girls Tennis -V/JV	Eric Grove	groveem@svsd.net
Girls Volleyball -V/JV	Brett Poirier	bigbpoirier@gmail.com
Girls Volleyball - MS	Tracy Richards	richardstg@svsd.net

### MANDATORY TRYOUTS/PRACTICES BEGIN Monday, August 24<sup>th</sup>. Here are locations & times:

Sport	Time	Location
CHEER - Var	8:30am -12:30pm	Scoreboard end of track at NXT
CHEER - JV	8:30am -12:30pm	Scoreboard end of track at NXT
CHEER - Junior High	8:30am -12:30pm	Scoreboard end of track at NXT
CHEER - Middle School	8:30am -12:30pm	Scoreboard end of track at NXT
Cross Country -Var	2:30 - 5pm	SOFT
Cross Country -MS	3:30pm	SOFT
Football - V/JV	2:45 - 6pm	NXT
Football - JH	3:30 - 5pm	LL1
Football - MS	3 - 5pm	MS Locker Room - lower level
Boys Golf - V/JV	7am for all grades	Grades 11-12: @ Cranberry Highlands GC Grades 9-10: @ Strawberry Ridge GC
Girls Golf - V/JV	8:15am for all grades	Strawberry Ridge GC
Boys Soccer -V/JV	5:30 - 8pm	MLG
Boys Soccer -JH	3 - 5:30pm	BASE
Boys Soccer -MS	3 - 5:30pm	BASE
Girls Soccer -V/JV	8am - 12pm	MLG
Girls Soccer -MS	3 - 5:30pm	MLG
Girls Tennis -V/JV	8 - 11am & 4 - 7pm	CTS
Girls Volleyball -V/JV	3 - 6pm	SHS Gym
Girls Volleyball - MS	3 - 4:15 for 7 <sup>th</sup> grade 4:30 - 5:45 for 8 <sup>th</sup> grade	MS Gym

**OPTIONAL CONDITIONING SESSIONS for Week of August 17, 2020. Here are locations & times:**

	Aug. 17	Aug. 18	Aug. 19	Aug. 20	Aug. 21
XC-Var	7:30-10am SOFT	7:30-10am SOFT	7:30-10am SOFT	7:30-10am SOFT	3-5 SOFT
XC-MS	off	off	7:15-9:00 North Boundary Park	7:15 -9:00 Zelenople Park	off
FB-V/JV	3-6pm NXT	3-6pm NXT	3-6pm NXT	3-6pm NXT	3-6pm NXT
FB-JH	8-9:30am LL1	8-9:30am LL1	8-9:30am LL1	8-9:30am LL1	off
FB-MS	off	8-9:30am MS 2	8-9:30am MS 2	8-9:30am MS 2	off
BGOLF-V/JV	Contact coaches				TBD
GGOLF-V/JV	4:30 @ CC	11:50 @ SR	8:20 @ SR	TBD	off
BSOC-V/JV	8-11am MLG	8-11am MLG	8-11am MLG	8-11am MLG	3-6pm MLG
BSOC-JH	off	off	3-5 MLG	3-5 BASE	off
BSOC-MS	off	off	3-5 MLG	3-5 BASE	off
GSOC-V/JV	8-11am NXT	8-11am NXT	8-11am NXT	8-11am NXT	8-11am NXT
GSOC-MS	off	off	3-5 BASE	3-5 MLG	off
GTEN-V/JV	8-10am CTS	8-10am CTS	8-10am CTS	4-6pm CTS	4-6pm CTS
GVB-V/JV	3-6 SHS gym	3-6 SHS gym	3-6 SHS gym	3-6 SHS gym	3-6 SHS gym
GVB-MS	off	off	8-10 (7th); 10-12pm (8th) MS Gym + MPR	8-10 (7th); 10-12pm (8th) MS Gym + MPR	off
CHEER-V	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	off
CHEER-JV	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	off
CHEER-JH	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	off
CHEER-MS	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	8:30-12   HS gym	off

**LOCATIONS**

FACILITIES LEGEND	
<b>BASE</b> = SHS Baseball Field	<b>MS</b> = Middle School
<b>CC</b> = Connoquenessing CC	<b>MS 2</b> = Middle School Grass Field
<b>CTS</b> = SHS Tennis Courts	<b>NXT</b> = NexTier Stadium
<b>I HS</b> = Intermediate HS	<b>SHS</b> = Senior High
<b>LL1</b> = SHS Lower Level Grass Field	<b>SOFT</b> = Softball Field
<b>MLG</b> = Myers Law Group Stadium	<b>SR</b> = Strawberry Ridge GC