

## CHEERLEADING

Date	8/13/18	8/14/18	8/15/18
Times	3:30 pm - 6:30 pm	3:30 pm - 6:30 pm	3:30 pm - 6:30 pm
Location	Wrestling Room	Wrestling Room	Wrestling Room
What to Bring	Athletic apparel (must have a plain, blank t-shirt), gym shoes, water bottle, hair tied back		
Coach/Contact	Warnette Moultrie	<a href="mailto:wtaz69@yahoo.com">wtaz69@yahoo.com</a>	

**NOTE:** Students are expected to attend all tryout sessions and practices that will continue once the team has been selected.

## CROSS COUNTRY

Date	8/13/18	8/14/18	8/15/18
Times	8:00 - 10:30 am	8:00 - 10:30 am	8:00 - 10:30 am
Location	HoHS-outside by main gym	HoHS-outside by main gym	HoHS-outside by main gym
What to Bring	Water bottle, digital watch with timer, sunscreen		
While Tryouts will be held Aug 13 - Aug 15 we will still hold Practice Aug 8 - Aug 11 8-10:30 for those in town.			
Coach/Contact	Zack Dickerson (B) Allison Follmer (G)	<a href="mailto:zachary_dickerson@hcpss.org">zachary_dickerson@hcpss.org</a>	<a href="mailto:allison_follmer@hcpss.org">allison_follmer@hcpss.org</a>

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## FIELD HOCKEY

Date	8/13/18	8/14/18	8/15/18
Times	3:30 - 6:00 pm	4:00 - 6:00 pm	4:00 - 6:00 pm
Location	Field Hockey Field	Field Hockey Field	Field Hockey Field
What to Bring	Water bottle, stick, shin guards, mouthpiece, Goggles according to ASTM standard F2713-09, sunscreen, cleats, and running shoes		
Coach/Contact	Courtney Sprissler	<a href="mailto:csprissler11@gmail.com">csprissler11@gmail.com</a>	

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## FOOTBALL

Date	8/8/18	8/9/18	8/10/18
Times	6:00 - 9:00 am	6:00 - 9:00 am	6:00 - 9:00 am
Location	Football Practice Field	Football Practice Field	Football Practice Field
What to Bring	Water jug, cleats, lunch, indoor shoes, t-shirt, shorts, change of clothes (especially socks) JV players need to have a white t-shirt with their last name written (in marker) on the back		
Coach/Contact	Ross Hannon	<a href="mailto:ross_hannon@hcpss.org">ross_hannon@hcpss.org</a>	

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## Boys' & Girls' GOLF (Please read the times and locations carefully-UPDATED 7/26-18)

Date	8/23/2018 &	8/23/18	8/24/18
Times	6:30- am meet at DRIVING RANGE then 7:00 am on the Back 9		7:00 am on the Back 9
Location	Timbers at Troy Golf Course	Timbers at Troy Golf Course	Timbers at Troy Golf Course
What to Bring	Clubs, balls, shoes, sunscreen, and proper attire for the course		
NOTE:	Tee times will be assigned prior to tryouts		Bring your own golf balls to tryouts
Coach/Contact	Joshua McGoun	<a href="mailto:joshua_mcgoun@hcpss.org">joshua_mcgoun@hcpss.org</a>	

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## BOYS' SOCCER

Date	8/13/18	8/14/18	8/15/18
Times Session 1	8:00 - 10:00 am (9th/10th Grade)	8:00 - 10:00 am (9th/10th Grade)	8:00 - 10:00 am (9th/10th Grade)
Location	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field
Times Session 2	10:00 - 12:00 pm (11th/12th Grade)	10:00 - 12:00 pm (11th/12th Grade)	10:00 - 12:00 pm (11th/12th Grade)
Location	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field
What to Bring	Running shoes/socks, cleats, shin guards, soccer socks, sunscreen, large filled water jug, and a ball to every practice session. Wear white or gray t-shirts		
Coach/Contact	Nils Schroder	<a href="mailto:nils_schroder@hcpss.org">nils_schroder@hcpss.org</a>	

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## GIRLS' SOCCER

Date	8/13/18	8/14/18	8/15/18
Times	5:00 - 8:00 PM	5:00 - 8:00 PM	5:00 - 8:00 PM
Location	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field	Howard HS Track/Stadium Field
What to Bring	Ball, Shinguards, cleats, water bottle, running shoes, sunscreen		
Coach/Contact	Laine Angle	<a href="mailto:laine_angle@hcpss.org">laine_angle@hcpss.org</a>	

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## VOLLEYBALL

Date	8/13/18	8/14/18	8/15/18
Times Session 1	8:00 am - 11:00 am (Varsity)	8:00 am - 11:00 am (Varsity)	8:00 am - 11:00 am (Varsity)
Location	Main/Aux Gym	Main/Aux Gym	Main/Aux Gym
Times Session 2	12:00 - 3:00 (JV/9th Grade)	12:00 - 3:00 (JV/9th Grade)	12:00 - 3:00 (JV/9th Grade)
Location	Main/Aux Gym	Main/Aux Gym	Main/Aux Gym
What to Bring	Shorts, t-shirt, athletic shoes, water bottle; optional equipment - volleyball shoes and kneepads		
Coach/Contact	Grant Scott	<a href="mailto:grant_scott@hcpss.org">grant_scott@hcpss.org</a>	

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