

Sports Information

Fall 2009

(as of August 3, 2009)

SPORTS INFORMATION: Practice will begin county-wide on Saturday, August 15th. Please be advised that all paperwork (physical forms, insurance waiver, and emergency contact form) must be turned into the coach on the first day of practice. Students will **NOT** be allowed to practice unless all the forms are completed (with parent signature) and turned into the coach. No exceptions!

Please note that physical forms for athletes must be dated June 1st, 2009 or later. Athletes may pick up the necessary paperwork in the school lobby anytime from 7:30 a.m. – 3:30 p.m. Listed below is the most recent practice schedule:

Practice Schedules for Fall Sports

SPORT	DATE OF FIRST PRACTICE	TIME	LOCATION
Cheerleading	8/24/09	3:15 p.m.	RSHS
Cross Country	8/17/09	7:00 a.m.	RSHS
Field Hockey	8/15/09	8:00 – 10:00 a.m. & 6:00 – 8:00 p.m.	Field Hockey Field
Football Parent/Athlete Meeting on Friday, Aug 14, football bleachers, 6:30-7:30 p.m. Bring all paperwork	8/15/09	7:00 a.m. – 2:00 p.m.	Football Field
Golf	TBA	TBA	TBA
Soccer – Boys	8/15/09	9:00 – 11:30 a.m.	Soccer Field
Soccer – Girls	8/15/09	7:30 – 10:00 a.m.	Soccer Field
Volleyball Parent/Athlete Meeting on Friday, Aug 14th in gym, 6:30 p.m. Bring all paperwork	8/15/09	Tentative – 8:00 a.m.	Gym