

ARUNDEL ATHLETIC DEPARTMENT
FALL SPORTS TEAM TIMELINES

First Eligible Practice Date: Saturday, August 15, 2009
Must have a pre-participation physical and Parent Permission Form

FOOTBALL:

Head coach: Chuck Markiewicz
PP and physical form collection at equipment handout
First practice: Saturday, August 15, 8 am
Please bring: football cleats, shorts and T-shirts, lunch, water

VOLLEYBALL:

Head coach: Ashley Lindsay
PP and physical form collection at first practice
First Practice: Saturday, August 15, 8 am in Gym 1
Please bring: tennis shoes, knee pads, shorts and T-shirts, water

FIELD HOCKEY:

Head coach: Ali Grava
PP and physical form collection at first practice
First Practice: Saturday, August 15 at 7 am on the Bermuda field. Tryouts until 2 pm. (stick & shin guards available)
Please bring: stick, shin guards, molded mouth guard, cleats (or turf shoes), sneakers, extra socks, a light lunch, lots of water, shorts and tee shirt.

BOY'S SOCCER:

Head coach: Nick Jauschnegg
PP and physical form collection at equipment handout
First Practice: Saturday, August 15, 8 am on soccer field
Please bring: tennis shoes, soccer shoes, shin pads, towel, extra socks, shorts and T-shirts, lunch, water

GIRL'S SOCCER:

Head coach: Laura Coe
PP and physical form collection at equipment handout and first practice
First Practice: Saturday, August 15, 7 am on soccer field at the middle school fields. Session 1-7-11 am, Session 2-3-6 pm Turf field
Please bring: running shoes, soccer shoes (cleats preferred) shin guards, water, #5 ball

CROSS COUNTRY:

Head coach: Kim Boyce
PP and physical form collection at equipment handout
First Practice: Saturday, August 15, 7 am on the band field (lower field next to middle school tennis courts)
Please bring: tennis shoes, water

GOLF:

Head coach: Geoff Turk
PP and physical form collection on Saturday, August 15, 12 noon, Room F012 or TBA
Introductory meeting: Saturday, August 15, 10 am, Room F012 or TBA
First Practice: Wednesday, August 19, 9 holes-site TBD

CHEERLEADING

Head coach: Jen Madden
Try-outs: Saturday, August 15, 8 am
PP and physical form collection: Saturday, August 15, 8 am, at the tennis courts
Please bring: tennis shoes, shorts and T-shirt, water

PLEASE NOTE: Parent permission forms (PP) and physical forms are available in the Main Office and Guidance Office at Arundel High School and also on our website arundelhigh.org. Physical forms must be signed by parent and also signed and dated by physician after June 1, 2009. This will guarantee student eligibility through the complete 2009-2010 school year. Please remember, Arundel High School will not offer physicals on campus.

MEET THE COACHES NIGHT: Thursday, August 27th, 6:30 pm
“This is a meeting for all parents of athletes.”