

FCHS FALL SPORTS INFORMATION · 2019

ORANGE "PERMIT TO PRACTICE" CARD REQUIRED BEFORE OFFICIAL PRACTICE/TRYOUTS STARTING AUGUST 12TH

<u>CROSS COUNTRY</u>	◆ HEAD COACH: Tom Ruthven ◆ truthven@psdschools.org ◆ 970-460-6420
Info: http://www.lambkinrunners.com/	
◆ June 3 rd : Summer practice begins (Mon, 6:45 am @Edora Park; Wed, 6:45 am @Pineridge/Spring Canyon; & Thurs, 6:45 am @TBD)	
◆ August 12 th : Official start of practice (4:15 pm @ FCHS Track)—orange cards required to practice by this date	
<u>FIELD HOCKEY</u>	◆ HEAD COACH: Meredith Peters ◆ fossilfieldhockey@gmail.com
Info: https://firefieldhockey.wixsite.com/fossilfieldhockey	*A PSD combined sport, administered by Fossil Ridge HS
◆ Summer Schedule—Starting June 4 th , Mondays & Wednesdays, 6-8 pm (starting Monday, June 10th) @ Kinard Middle School (3200 E Trilby Rd, FC CO 80528)	
<i>Come and Play is a great opportunity to meet teammates, coaches, & alumni; learn some skills & have some fun. All students grades 6 through High School and all alumni are welcome! Sticks available to borrow. No experience necessary! Bring sneakers or cleats, water, and a mouth guard.</i>	
<u>FOOTBALL</u>	◆ HEAD COACH: Matt Yemm ◆ myemm@psdschools.org ◆ 970-412-0221
Info: www.fortcollinsfootball.com	Be sure to follow Twitter: @LambkinsF for team & parent messages
◆ June 3 rd --Weights and Conditioning begins (see website calendar for details)	
◆ August 5 th --Team Camp @ FCHS	
◆ August 12 th —Fall Season Begins (orange card required by practice on this date)	
<u>BOYS GOLF</u>	◆ HEAD COACH: Kyle Tregoning ◆ ktregoni@psdschools.org ◆ 970-488-8162
Info: https://fch.psdschools.org/athletics (select Boys Golf)	**BOYS GOLF ORANGE CARDS DUE AUGUST 5 TH !
◆ August 5 th —Quad High Fundraiser, Southridge GC (shotgun start, 8:00 am); contact coaches for more information	
◆ August 6 th —Tryouts, Southridge GC (first tee time: 12:00 pm)	
◆ August 7 th —Tryouts, City Park GC (first tee time: 9:00 am)	
◆ August 8 th —Tryouts, Collindale GC (first tee time: 10:00 am)	
*Each athlete will be responsible for their own green fees (payable to coach before play begins) & range balls	
<u>BOYS SOCCER</u>	◆ HEAD COACH: Justin Stephens ◆ jstephen@psdschools.org ◆ 970-488-8176
Info: www.collinssoccer.weebly.com	
◆ July 9 th —Summer Drop-In Begins (Tuesdays & Thursdays), 4:00-6:00 pm at FCHS Soccer Field (North of building)	
◆ August 12 th to 14 th Tryouts (2 sessions per day) 8:00 to 9:30 am & 4:00-6:00 pm	
◆ August 15 th Practice begins; 8:00 to 9:30 am & 4:00-6:00 pm until school starts	
◆ School Year Practices: 4:30-6:15 pm (M-Th) & 8:00-10:00 am (Sat)	
<u>SOFTBALL</u>	◆ HEAD COACH: Keith Aragon ◆ karagon@psdschools.org ◆ 970-488-8038
◆ August 12 th —Tryouts 3:30 pm	
◆ Bring Orange Card, Cleats, Glove, Visor & Water Bottle	
<u>BOYS TENNIS</u>	◆ HEAD COACH: Henry Fang ◆ hfang3@gmail.com ◆ 203-858-0945
Info: www.studentinfohub.net/fchs	
◆ Preseason Optional Practices announced through "Remind" App (join by texting "@FCHS-b10is" to 81010)	
◆ August 5 th to 9 th Preseason Warm-up Clinic 3:00-5:30 pm (\$5/day drop-in)	
◆ August 12 th to 16 th Tryouts 3:15-5:15 pm (Orange Card due 8/12/19)	
◆ Tennis Specific Shoes & Racquet required. Remember to bring a water bottle!	
<u>VOLLEYBALL</u>	◆ HEAD COACH: Jared Rudiger ◆ jared@triplecrownsports.com ◆ 970-397-9057
Info: https://sites.google.com/psdschools.org/collinsvolleyball/home	Follow FCHS Volleyball on Facebook & Twitter
◆ Summer Dates: Optional Open Gym—dates are located on the website	
◆ June 11-13—Freshman team camp @ Windsor HS – \$15.00 per player – Contact Jared to sign up.	
◆ June 27—Skills Camp for 1 st grade through 9 th Grade Students - \$15.00 – Contact Jared for info (open to all)	
◆ June 5 th , 12 th , 19 th , and 26 th : Travel League Dates – Invite Only based on team numbers	
◆ August 12 th through 14 th : Mandatory--Fall Season Begins (Orange Card required for tryouts)	
<u>ALL FALL SPORTS PARENT & ATHLETE MEETING</u> Wednesday, August 21ST · 6:30 pm · McNeal Auditorium (breakout sessions by sport will be held after the All Sports presentation)	