

FCHS SEASON C SPORTS INFORMATION · 2020–2021

A PERMIT TO PRACTICE CARD (ORANGE CARD) REQUIRED to practice/tryout on Monday, March 8th for Season C Sports (March 4th for Football)

(Cards will be issued in the FCHS Athletic Office beginning February 16th)

FOOTBALL	HEAD COACH: Matt Yemm	myemm@psdschool.org	970-412-0221
Info: 'FCHS Lambkins Football' group invitation on BAND			
<ul style="list-style-type: none">◆ Pre-Season lifting Tuesdays & Thursdays 4:30 pm & 5:30 pm in weight room (must sign up on Google Sheet link on Band)◆ Pre-Season running: turf field Wednesdays 4:30 pm◆ Pre-Season Football 101: Turf Field Saturdays 11:00 am			
BOYS SOCCER	HEAD COACH: Jason Powell	jpowell@psdschools.org	970-420-5153
Info: https://collinssoccer.org/			
<ul style="list-style-type: none">◆ Pre-Season drop in: Sign up for a spot https://docs.google.com/spreadsheets/d/1XHxNtwOzsdTMu6ZobdQxpteEWIZCp-YZCKUOcWX5YW8/edit?usp=sharing◆ Preseason Conditioning Camp: March 1-5◆ Tryouts– March 8-10 (teams made March 10)<ul style="list-style-type: none">○ Check in with Coach Powell for weather related updates			
VOLLEYBALL	HEAD COACH: Jared Rudiger	jared@triplecrownsports.com	970-397-9057
Follow FCHS Volleyball on Facebook, Instagram & Twitter			
<ul style="list-style-type: none">◆ Tryouts: March 8-10 4:30 pm to 6:30 pm◆ Open gym & weights: sign up through Band (free app) Parent Band Sign up: https://band.us/n/ada643Pbg2edN Player Band sign up: https://band.us/n/a5ad42Peg2L7O			
GYMNASTICS	HEAD COACH: Jaia Sattler	jsattler938@hotmail.com	
*This sport is a PSD combined team, administered by Rocky Mountain HS			
<ul style="list-style-type: none">◆ Preseason practices beginning February 2nd T/W/T 6 am – 7:30 am @ Timberline Gymnastics (2026 Lowe St)			
FIELD HOCKEY	COACH: Erik Curtis	Erik.M.Curtis@gmail.com	503-913-2996
*This sport is a PSD combined team, administered by Fossil Ridge HS			
<ul style="list-style-type: none">◆ Preseason Practices: February 4th through March 6th◆ Preseason Camp: February 25 to February 28, 4:20 pm to 6:00 pm *location TBA◆ Official Practices start: March 8th			