

Tennis Tryouts 2008-2009

Girls Tennis Tryouts will begin August 21, 2008 at 9:00 am on the tennis courts. You will need to bring a racket, tennis shoes, and water. Remember that you need to have a participation form turned into the AD before you tryout. All sports physicals must be done yearly by a medical doctor. Any questions you may email coach at pzielazowski@cuhsd.org. We will be having practice on Friday August 22 at 2:30pm. We will also be having practice on Saturday August 23 at 7:30 am to 9:00am. After practice we will be having a car wash. All players must attend on Saturday.

Field Hockey Information

The schedule has been updated on the Varsity schedule. Incoming freshman are welcome to join anytime after June 13. Please note the * by the try-out times. We need to wait for the master schedule to be made for all groups that use the field. We will select times that maximize our time on the field. Please be flexible with this and keep checking back for exact times. Thanks.

Date	Day	Opponent	Location	Time/Score
06/17/08	Tuesday	Conditioning	bowl	4:30-6 PM
06/24/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/01/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/08/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/15/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/22/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/24/08	Thursday	Conditioning	bowl	9-10:30 AM
07/29/08	Tuesday	Conditioning	bowl	4:30-6 PM
07/31/08	Thursday	Conditioning	bowl	9-10:30 AM
08/05/08	Tuesday	Conditioning	bowl	4:30-6 PM
08/07/08	Thursday	Conditioning	bowl	9-10:30 AM
08/12/08	Tuesday	Conditioning	bowl	4:30-6 PM
08/14/08	Thursday	Conditioning	bowl	10-11:30 AM
08/18/08	Monday	Try-outs	bowl	1:30-4* PM
08/19/08	Tuesday	Try-outs	bowl	1:30-4* PM
08/20/08	Wednesday	Try-outs	bowl	1:30-4* PM
08/20/08	Wednesday	Try-outs	bowl	10-11:30 AM
08/21/08	Thursday	Try-outs	bowl	1:30-4* PM
08/21/08	Thursday	Try-outs	bowl	10-11:30 AM
08/22/08	Friday	Try-outs	bowl	10-11:30* AM
08/22/08	Friday	Try-outs	bowl	1:30-4* PM

Longhorn Football – Summer Conditioning Information

- Begins Monday, June 23rd ~ Meet at the Locker room
- Varsity from 5 to 7 PM
- F/S from 4 – 6 PM

Girls Volleyball:

TBD – Call the school (626-3405) after July 28th for more information.

Cross Country Information:

Optional summer captains' workouts: are on Tuesdays and Thursdays, meeting at the tree behind the gym at 9:00 am, beginning Tuesday, June 17th. I will not be in attendance at these workouts, but they will be led either by Girls team captain, Amanda Wilson or Boys team captain, Brez Hurley. These workouts will continue through the first week of August.

Summer Training Camp: From August 10 to August 15th (flier attached).

Tryouts and practices begin: Monday, August 25th at the tree behind the gym at 2:30 pm every day.