ATHENS HIGH SCHOOL

WINTER SPORTS

2019-20

**BOYS WRESTLING: Head Coach – Robby Keyes**

The wrestling team is a non-cut sport, there is a Varsity and J.V. team. Wrestlers will only wrestle opponents in their weight class. There are 14 weight classes for both Varsity and J.V. (103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 LBS).

NO experience required!

Practice starts November 18th at 2:45 PM in the East Deck.

For more information please visit our website: TroyAthensWrestling.com

**GIRLS BASKETBALL: Head Coach – Stacie Klumpp**

**Lady Red Hawk Basketball:** Please find more information at out Twitter @AHSGirlsHoops and Schoology Group Access Code: B9MJ9-7H227

**Tryout Information**

Physicals - A current physical is needed to tryout in November. Physical cards and emergency cards must be handed in prior to trying out.

Registration - All prospective players must register prior to Tryouts at [https://forms.gle/APkRoZxhjKuHUgT36](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.gle%2FAPkRoZxhjKuHUgT36&data=02%7C01%7CLBuscemi%40troy.k12.mi.us%7Cda2fc60a29414a1d090d08d759428774%7Ced045b1c4efb46ee8aad05c7d39700cb%7C0%7C0%7C637076014598406815&sdata=IbvhrWdfBzDG146r0PY%2Fz7AwNvMWYG3WZ7wSErrS8MU%3D&reserved=0)

**Open Gyms and Conditioning** - Sessions are voluntary and prospective players in all grades are encouraged to attend. They will take place on Tuesday and Thursday mornings 6:00am-6:45am and Wednesday afternoons 2:30-3:30pm.

**Tryouts 2019-2020** - prospective players attend all sessions.

Monday, November 11 - 4:00-6:00pm in Main Gym

Tuesday, November 12 - 4:00-6:00pm in Main Gym

Wednesday, November 13 - 4:00-6:00pm with Team Selections

Friday, November 15 - 6:30pm Program Parent Meeting in TACC

**Criteria for Evaluating Players:**

Technical Ability: How well can you perform basic skills (passing, ball handling, shooting, etc.)

Court Vision: How well can you "read" the game? (decision making, ball movement, speed of play)

Fitness: Fitness testing will take place throughout tryouts (beep test, mile, dribble-up, etc.)

Psychological: How well do you handle pressure? How will you represent Lady Red Hawk Basketball on and off the field? Coachability.

**BOYS AND GIRLS BOWLING: HEAD COACH – Tyler Hancsak**

Athens’ Boys and Girls Varsity and Junior Varsity Bowling is a sport for everyone! This is a sport where you do not have to be the stereotypical athlete to join. We accept all bowlers who want to participate, even those who have never bowled competitively before, although experience is highly encouraged. We suggest having your own equipment, such as a bowling ball and shoes. Although bowling is not as physically demanding as most sports, it does require focus and determination.

Tryouts are November 18 and 21 at Escape (Square Lake and John R) from 3:30-4:45. Both dates are mandatory with a parent meeting after tryouts on the 21st.

Practices and matches are typically Monday and Thursday. There will be tournaments most Saturdays and some Sundays. Contact Coach Tyler at [thancsak@troy.k12.mi.us](mailto:thancsak@troy.k12.mi.us) for more information.

**BOYS HOCKEY: HEAD COACH – Tim Zimmerman**

Troy United Hockey is a combined team with Troy Athens and Troy High School. Home games are played at Troy Sports Center. Prior ice hockey experience is expected when trying out for the team. Parents/Families usually cover the ice time expenses associated with the team.

Prior to participation, interested players should contact the coach. The email address is [troycoltshockey@gmail.com](mailto:troycoltshockey@gmail.com)

Composite Alpine Ski Race Team, to all interested students the Composite Alpine Ski Team is an Alpine Ski Race Team composed of students from Troy Athens, Troy High, Berkley and Avondale Schools, we are a CO-OP team. This team is for strong intermediate to advanced skiers who would like to Alpine Ski Race, We are a Varsity, Junior Varsity sport. Your final forms information should be updated, and you will be required to purchase a season pass to our home resort of Pine Knob Ski Resort in Clarkston MI. We practice Monday-Thursday from 3:30-6pm beginning Nov 18th.

For further information contact Head Coach Tom Lining [tlining@icloud.com](mailto:tlining@icloud.com) or Ph: 248-390-4626

**BOYS BASKETBALL: HEAD COACH – Dave Scott**

**Boys Basketball**: Please join our Schoology group with the access code WFVBK-NSHZR.

**Tryout Information**

**Physicals:** A current physical is needed to tryout. Physical cards and emergency cards must be handed in prior to trying out. If you do not have a physical on file you will not be allowed to tryout. If you played a fall sport for Athens, your physical is already on file.

**Final Forms:** Please make sure register on Final Forms: <https://troy-mi.finalforms.com>

**Conditioning (HAWK) Week:** November 11-15 from 2:30-4:00. This is strongly encouraged for any boy interested in playing basketball. Please bring running shoes and clothing appropriate to be inside and outside.

**Tryouts 2019: anyone interested in playing must attend**

**Monday, November 18 5:00-7:30**

**Tuesday, November 19 5:00-7:30**

**Wednesday, November 20 5:00-7:00**

**Mandatory Parent Meeting-** There will be a mandatory parent and player meeting for everyone who makes the team on Monday, November 25 at 7:00pm.

**BOYS/GIRLS DOWNHILL SKIING: HEAD COACH – Tom Lining**

Composite Alpine Ski Race Team, to all interested students the Composite Alpine Ski Team is an Alpine Ski Race Team composed of students from Troy Athens, Troy High, Berkley and Avondale Schools, we are a CO-OP team. This team is for strong intermediate to advanced skiers who would like to Alpine Ski Race, We are a Varsity, Junior Varsity sport. Your final forms information should be updated, and you will be required to purchase a season pass to our home resort of Pine Knob Ski Resort in Clarkston MI. We practice Monday-Thursday from 3:30-6pm beginning Nov 18th.

For further information contact Head Coach Tom Lining [tlining@icloud.com](mailto:tlining@icloud.com) or Ph: 248-390-4626

**GIRLS SYNCHRONIZED SWIMMING: HEAD COACH – Lori Uchwal**

Please contact the coach directly at: [SynchroCoachLori@yahoo.com](mailto:SynchroCoachLori@yahoo.com)

**BOYS SWIM/DIVE: HEAD COACH – Paul Karas & Bob Shurig**

Please contact the coaches directly at: [pkswims@gmail.com](mailto:pkswims@gmail.com) or bob9145@gmail.com