**\*ATTENTION PARENTS OF PLAYERS**\*

IF YOU HAVE NOT YET SET UP AN ACCOUNT IN **FINAL FORMS**, YOU MUST DO SO **PRIOR TO TRYOUTS**. GO TO: https://troy-mi.finalforms.com/. THIS LINK CONTAINS ALL THE NECESSARY DOCUMENTS THAT NEED TO BE COMPLETED BY BOTH PLAYER AND PARENT PRIOR TO TRYOUTS

IF YOU ALREADY HAVE AN ACCOUNT SET-UP, YOU WILL JUST NEED TO ADD THE SPORT THAT YOUR CHILD IS PLAYING AND UPDATE ANY INFORMATION THAT HAS CHANGED PRIOR TO TRYOUTS

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**Baseball: Varsity Head Coach – Mike Morris**

**Coach Morris Contact Info:** Mike Morris – mmorris@troy.k12.mi.us

**Tryout Information**

Physicals - A current physical is needed to tryout in March.

**Weight Room Training** - Sessions are voluntary and prospective players in all grades are encouraged to attend. They will take place on Monday and Wednesday’s with Anthony Messina in the Athens Weight Room from 4:00pm-5:00pm.

**Tryouts 2020 - Prospective Players Must Attend All Sessions.**

Monday, March 9 – Times to be announced Aux Gym

Tuesday, March 10 – Times to be announced Aux Gym

Wednesday, March 11 – Times to be announced followed by Team Selections

Thursday, March 12 – First practice with selected teams

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

**Pre-Tryout Conditioning Days:** Tuesday, March 3 - 7:00-8:30 pm and Thursday, March 5 – 7:00-8:30 pm. This is strongly encouraged for any player interested in playing baseball. Please bring running shoes and clothing appropriate to be inside. We will meet in the Aux gym.

**Girls Soccer: Head Coach -Todd Heugh**

Athens Soccer has three teams, Varsity, JVA and JVB. We encourage players of all ages and abilities to tryout.

For updates and information- [www.athenssoccer.weebly.com](http://www.athenssoccer.weebly.com) and follow on Twitter @athenssoccer.

Tryouts will be held on Monday, March 9th and Wednesday March 11th from 5:00-7:00 pm. Players need to be prepared to tryout outdoors or indoors.

A current physical is needed to tryout.

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

**Criteria for evaluating players:**

* **Technical Ability: How well can you perform basic skills (passing, receiving, shooting, etc.)?**
* **Tactical Ability:  How well can you 'read' the game? On the ball decision making, off the ball movement, speed of play.**
* **Fitness: Fitness testing will take place throughout tryouts.  See Fitness Standards tab on website.**
* **Psychological: How well do you handle pressure?  How you represent Athens Soccer on and off the field.  Coachability.**
* **Special Dimensions: Versatility, speed, both footed, good in the air, etc.**

**Boys Golf - Varsity Coach - Dan Cooper; Junior Varsity Coach - Chris Schoonover**

The Tryout Tournament starts March 9th (weather permitting and the courses must be open). You must have a PHYSICAL signed during the 2019/2020 school year by your parents and your Physician. You also need to go on the Final Forms Website with your parents and COMPLETE the Student and Parent sections prior to March 9th. The Tryout Tournament consists of everyone playing the same 9 holes at Sanctuary Lake after school. The second day everyone plays the same 9 holes at Sylvan Glen - many years we have a 3rd and 4th day in the tournament. Each day the golfers are told what place they are in. At the end of the tournament, the top 7 or 8 scores start on Varsity and the 8 or 9 through 16 best scores start on the Junior Varsity. Seniors cannot play on the JV golf team. If you are not on the Golf Team Schoology; please stop by Coach Schoonover’s Room 251 and he will give you a packet with all the information regarding the Athens Golf Team. Good Luck - Sincerely, Coach Cooper

**Girls Tennis: Head Coach - Jen Yetter**

For Tennis, we have a Varsity and Junior Varsity team, we keep 16 girls on the Varsity team and 24 girls on the Junior Varsity team. This season we are looking to enhance everyone’s skills in tennis and have a lot of fun!

The first day of tryouts are on Monday March 9th and we will be meeting in the band room at 3:00 pm to turn in paperwork and physical forms. Please note, you will not be able to attend the tryout process if you do not have a completed physical form. For the rest of the tryout schedule and any other information regarding tryouts, please contact Jen Yetter at jyetter22@gmail.com.

Looking for other ways to keep in the loop with Athens Tennis? Check out are our Twitter and Instagram handles!

**Twitter:** RedHawkTennis22

**Instagram:** ahsredhawktennis

**Girls Water Polo: Head Coach – Jack Johnansson**

Girls Water Polo is a non-cut sport, but you must be a strong swimmer and pass a swimming test (water polo is not a place to "learn" how to swim, or to seek an easy gym waiver).   No water polo experience is needed, most players don’t start playing until high school.  The girls water polo season is in the spring. Captain-led workouts began in January 13th after school.  Team conditioning week begins February 24, and official practice begins March 9th.   For additional information, please contact coach Jack Johansson at jackjohansson@gmail.com or 313-407-8880

**Boys Lacrosse: Head Coach - Justin Suarez**
The Boys Lacrosse program will field Varsity and Junior Varsity teams. Experience is great but not required.

Tryouts begin Monday, March 9th. Practice for the first week will be 7-9pm outside, weather permitting. Practices will be TBA after that but will settle from 5:30-7:30 once grass fields are playable.

What is needed: If you do not have a Final Forms account set-up, players will need to go on the Final Forms Website with your parents and COMPLETE the Student and Parent sections prior to March 9th and will need to bring proof of physical in order to be allowed to practice.

Please reach out to Coach Suarez justins@wowway.com or Coach Bettelon tylerbettelon@gmail.com to be added to email distribution list or with any questions.

**Softball: Head Coach – Kerry Brennan**

**COMMUNICATION:**

* **GroupMe:** Please contact Coach Kerry Brennan or the varsity captains to be added to the Softball Program GroupMe.
* **Twitter:** Stay up-to-date on the Red Hawk Softball Program by following us on Twitter: @softball\_athens.

**PRE-SEASON INFO:**

* Softball open gyms are offered Sunday mornings from 10 AM – 12 PM in the Athens’ AUX gyms during January and February before try outs begin in March. These open gyms are open to all prospective softball student-athletes.
* Strength training and conditioning sessions are also offered in the fall and winter on Monday after school in the Athens’ weight room.

**TRY OUT INFO:**

* **Dates:** Monday, March 9th through Wednesday, March 11th in the evenings (specific times TBD)
* **Physical:** A current physical is needed to tryout. Physical 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 do not have a Final Forms account set up, you must do this and complete the student/parent information prior to trying out as well. If you played a fall or winter sport for Athens, your information is already on file. **Questions?** Please contact Head Coach, Kerry Brennan at kbrennan@troy.k12.mi.us.

**Women’s Lacrosse: Head Coach – Rob Holder**

Women’s Lacrosse is a non-cut sport for Freshman and no experience is necessary. Equipment required is a stick (make sure to purchase a Women’s stick - there is a difference), goggles and a mouth guard. Bloomfield Sports inside of Ultimate Soccer arena is a great place to get assistance with equipment. Try-outs begin on March 9th after school in the stadium. Varsity Asst. Coach: Oliver Helfrich

JV Coach: Allison Cumper JV Assistant Coach: Leigha Crawford

**Boys Track and Field: Head Coach - Tom Cook**

**Girls Track and Field: Head Coach - Mike Stallsmith**

The track and field team include all levels (Freshman, JV, and Varsity) of athletes.  We all train together.  The first day of practice is Monday, March 9th. We meet for practice in the cafeteria for attendance at 2:35 every day. Practices are always done by 4:30. We practice outside, weather permitting.

What is needed: Players need to be signed up on Final Forms and included in the team Schoology group before March 6.  They need to submit their physical in order to be eligible to practice.

Please contact Coach Cook - tcook@troy.k12.mi.us or Coach Stallsmith trailhogcoach@earthlink.net if you have any questions.