

Fall, 2019



**ATHENS
RED HAWKS**



Girls Golf: Head Coach – Dan Cooper

To Incoming Freshmen at Athens High School that are interested in playing golf in 2019. My name is Dan Cooper and I am the Varsity Girls & Boys Golf Coach. If you or your parents have any questions about Golf at Athens, please email me at dcoop228@gmail.com and I will reply as soon as possible. I will be visiting your Middle School at lunch to address the eighth graders in the last week of May or the first week of June. When school ends, I work at the Sanctuary Lake Golf Course on, almost every, Tuesday and Thursday from 3:30 to 5:30; or if there are golfers to help. Girls Golf officially starts on August 12th at Sanctuary Lake at 3:00 PM, but I would want you to come and practice to improve your game during the summer. You will need to complete a PHYSICAL and an EMERGENCY CARD during the summer signed by a doctor and your parents. When you come on Tuesday and Thursdays you will meet Girls that were on last year's team. This summer program is completely voluntary, and I never take attendance. If you have a family vacation, please enjoy your vacation. If you have a job, I ask that you try to get these brief periods on Tuesday and Thursdays off. I find that if you are open and honest with them, employers will work with you. The good teams around the state are working like this during the summer to improve their golf. Preparation is key to any successful team and I hope that you choose to join our Team.

Dan Cooper, Girls & Boys Varsity Golf Coach

Water Polo: Head Coach – Jack Johansson

Boys' Water Polo Fall Sport

Boys' 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 boys' water polo season is in fall, and we will have an informal, informational meeting for incoming freshmen players in the Athens Pool area Wednesday, May 29th at 7pm. It is critically important that freshmen start working with the team in the summer, as our first games are before school starts. Summer Captain-led workouts will begin July 8th. Team conditioning week begins August 5th and official practice starts August 12th. For information contact coach Jack Johansson at jackjohansson@gmail.com or 313-407-8880.

Girls Water Polo Spring Sport

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, but it is never too early to start thinking about it and we will have an informal, informational meeting for incoming boys and girl freshmen players in the Athens Pool area Wednesday, May 29th at 7pm. Captain-led workouts will begin January 13th after school. Team conditioning week begins March 2nd, and official practice begins March 9th. For information contact coach Jack Johansson at jackjohansson@gmail.com or 313-407-8880

Volleyball: Head Varsity Coach - Kat Hall Head Freshmen Coach - Jeff Williams

Coach's email address: jwilliams@troy.k12.mi.us

Interested students and parents need to attend an all program meeting on June 3rd at 7:30pm in the Gym. At the meeting we will discuss summer events, schedule, team camp and other information necessary to get started. Tryouts will take place over 3 days starting August 14th. This information is also on the Troy Athens Volleyball Twitter feed.

Freshmen Football: Head Varsity Coach – Billy Keenist bkeenist@troy.k12.mi.us

Weightlifting begins for all Freshmen on June 17th – Monday, Tuesday, Wednesday, and Thursday at 8:30am – 10:00am – at Athens

Base Camp - Every Tuesday and Thursday in the summer from 10:00pm till 11:15pm Cost: \$10.00

Mom's Football Clinic - June 24th – 6pm Look for more information.

Dead Week - The week of July 1st thru July 5th there will be no weightlifting nor Base Camp

Team Camp - July 9, 10, and 11 – 8:30am till 11:00am – Cost - \$10.00

Official Practice Starts Monday August 12th - Practice times are: 9am – 11am, Noon – 2:15pm, 2:15 – 3pm

Boys Soccer: Please go to the Soccer Weebly page at:
<http://athenssoccer.weebly.com/2019-boys-soccer-tryout-information.html>

Tryout Information

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

Physicals held at Athens on June 5 and July 10- 6:00-9:00 pm - \$25 cash or check

Captains' Practices- Sessions are voluntary and prospective players in all grades are encouraged to attend. They will take place on Monday and Wednesday in July from 6:00-7:30 pm on the Auxiliary Grass Field. **July 8, 10, 15, 17, 22, 24, 29, 31**

Tryouts 2019 - prospective players attend all sessions.

Monday, August 12 - 2:00-4:00pm - Stadium Turf	Monday, August 12 - 6:00-7:30pm - Auxiliary Grass
Tuesday, August 13 - 2:00-4:00pm - Stadium Turf	Tuesday, August 13 - 6:00-7:30pm - Auxiliary Grass
Wednesday, August 14 - 2:00-4:00pm - Stadium Turf	Wednesday, August 14 - 4:30-6:30pm - Team Selections
Saturday, August 16 - All three teams scrimmage in Canton	

Monday, August 19 - Parent Meeting 6:00pm- **Athens Gymnasium**

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.

Psychological: How well 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 and Girls Cross Country

Info meetings will be held on June 4th in the cafeteria - 2:20pm for HS students - 3:30 for parents and incoming Frosh. Team group runs will be held in the summer, beginning on June 14th. Monday and Friday nights at 7:00pm and Tuesday, Wednesday, and Thursday mornings at 8:00am.

For **Girls Swim and Dive** please contact our Coach Jennifer Coster at jamounteer13@gmail.com

