



2022 Fall Tryout Information

The First Day of FHSAA Fall Tryouts is August 1st. Fall Sports are listed below.

See below for Specific Sport Information or contact the coach with any questions.

Football - Coach DuBuc dubuc@cghsfl.org

Tryouts begin August 1st. Contact Coach DuBuc for more information.

Volleyball - Coach Reeber reeber@cghsfl.org

Summer conditioning will begin in June. Please email Coach Reeber for more details if you are interested in participating.

Volleyball tryouts will be August 1 & 2 starting at 8:00am. Once the team has been chosen, practices will begin immediately. If you have any questions please contact Coach Reeber.

Cross Country - Boys & Girls - Coach May crosscountry@cghsfl.org

Conditioning will begin Monday, June 13th at 5:30 pm at Bayview Park. Summer Conditioning is typically 3-4 times a week (Monday, Tuesday, Thursday, and Saturday) at various locations

Fall Tryouts will take place on August 1st at Cardinal Gibbons track at 5:30 pm

Swimming – Boys & Girls - Coach TBA swimming@cghsfl.org

Tryouts will begin August 9th at Westminster Academy pool. Time TBA

Golf Boys - Coach Griffin griffin@cghsfl.org Girls - Coach Hilliard girls-golf@cghsfl.org

Girls Tryouts will begin on August 1st at Pompano Beach Golf Course. Time TBA.

Boys Tryouts will begin on August 1st. **Session A:** 12:00 PM – 2:30 PM – Session A is for returning players and players with a Pompano Beach Golf Course membership. **Session B:** 3:00 – 5:30 – Session B is for new and incoming players.

Cheerleading -Coach Lambert – lambert@cghsfl.org

Tryouts will be held on June 13-15th, 1:00-3:00. Please meet in front of E building.

Please email Coach Lambert if you are planning on trying out.

Dance - Coach Garcia – dance@cghsfl.org

Contact Coach Garcia for more information.

All students must complete registration, upload all mandatory documents and be APPROVED on FamilyID before they may participate in any team tryout and/or conditioning.

[FamilyID](#)

[FamilyID Instructions](#)

Fall Sports Start Date - August 1, 2022

Winter Sports Tryout Date - October 2022

- Contact the individual coaches regarding conditioning

Spring Sports Tryout Date - January 2023

- Contact the individual coaches regarding conditioning