



2023 Fall Tryout Information

The First Day of FHSAA Fall Tryouts is July 31st. Fall Sports are listed below.

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

Football - Coach DuBuc dubuc@cghsfl.org

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 July 31st & August 1st 9:00am - 11:00am. Please arrive early on July 31st to register and get your tryout number. Team practices will begin on August 2nd. If you have any questions please contact Coach Reeber.

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

Conditioning will begin **Monday, June 12th** 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 July 31st at Cardinal Gibbons track at 5:30 pm

Swimming – Boys & Girls - swimming@cghsfl.org

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

Cheerleading -Coach Lambert – lambert@cghsfl.org - Coach St. Thomas - stthomas@cghsfl.org

Tryouts will be held on May 8-10th, 3:15-5:30pm. Please meet in the upstairs gym.

Please email Coach Lambert or Coach St. Thomas 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 ArbiterSports/FamilyID before they may participate in any team tryout and/or conditioning.

Fall Sports Start Date - July 31, 2023

Winter Sports Tryout Date - October 2023

- Contact the individual coaches regarding conditioning

Spring Sports Tryout Date - January 2024

- Contact the individual coaches regarding conditioning