



# 2023-2024 UNION ATHLETICS INFORMATION

## A SPORTS PHYSICAL IS MANDATORY

In order to tryout or participate in any athletic activity for the 2023-2024 school year, the athlete must provide a current sports physical to the coach at the time of tryouts.

**Please do not give the original form to the coach; keep the original, and turn in a copy.**

Only physicals dated on or after May 1, 2023 will be valid for the 2023-2024 school year.

## SPORTS TRYOUT DATES

Please check our website periodically for information regarding sports tryout dates. Most sports will conduct tryouts during the month of May for the following school year. Tryout dates will be posted as soon as they are received from our coaches.

If you have any questions regarding any of our sports programs, please feel free to email the coach (email addresses listed below) or call the Athletic Department at 918-357-7410.

Listed below are school-sponsored sports, competition season and the grades of participation. Unless noted otherwise, the sports will meet as a class during the school day, in addition to before school and/or after school practices.

<b>SPORT</b>	<b>SEASON</b>	<b>GRADES</b>	
Baseball	Spring	Grades 9-12	
Basketball (boys)	Winter	Grades 8-12	
Basketball (girls)	Winter	Grades 7-12	
Cheer	Year Round	Grades 8-12*	
Cross Country	Fall	Grades 7-12*	
Football	Fall	Grades 8-12	
Golf	Spring	Grades 7-12*	
Highsteppers (Dance)	Year Round	Grades 8-12*	
Pom	Year Round	Grades 8-12*	
Soccer	Spring	Grades 9-12	
Softball-Fast Pitch	Fall	Grades 7-12	
Softball-Slow Pitch	Spring	Grades 9-12	
Swimming	Winter	Grades 9-12	
Tennis	Spring	Grades 7-12	
Track	Spring	Grades 7-12*	
Volleyball	Fall	Grades 7-12	
Wrestling	Winter	Grades 7-12	

\*Please note: the following will not meet during the school day. All practices are held before and/or after school.

- 8<sup>th</sup> Grade Cheer
- 7<sup>th</sup> & 8<sup>th</sup> Grade Cross Country
- 7<sup>th</sup> & 8<sup>th</sup> Grade Golf
- 8<sup>th</sup> Grade Highsteppers
- 8<sup>th</sup> Grade Pom
- 7<sup>th</sup> & 8<sup>th</sup> Grade Track

## Athletic Coach Email Addresses

<b>Baseball</b>	Shawn Newkirk	<a href="mailto:newkirk.shawn@unionps.org">newkirk.shawn@unionps.org</a>
<b>Basketball-Girls</b>	Chaun Davis	<a href="mailto:davis.chaun@unionps.org">davis.chaun@unionps.org</a>
<b>Basketball-Boys</b>	Rudy Garcia	<a href="mailto:garcia.rudy@unionps.org">garcia.rudy@unionps.org</a>
<b>Cheer</b>	Taylor Williams	<a href="mailto:williams.taylor@unionps.org">williams.taylor@unionps.org</a>
<b>Cross Country</b>	Tim Dial	<a href="mailto:dial.timmy@unionps.org">dial.timmy@unionps.org</a>
<b>Football</b>	Kirk Fridrich	<a href="mailto:fridrich.kirk@unionps.org">fridrich.kirk@unionps.org</a>
<b>Golf-Girls</b>	Lindsay Jones	<a href="mailto:jones.lindsay@unionps.org">jones.lindsay@unionps.org</a>
<b>Golf-Boys</b>	Tanner Bushyhead	<a href="mailto:bushyhead.jonathan@unionps.org">bushyhead.jonathan@unionps.org</a>
<b>Highsteppers</b>	Kristi Posey	<a href="mailto:posey.kristi@unionps.org">posey.kristi@unionps.org</a>
<b>Pom</b>	Brittany Friske	<a href="mailto:friske.brittany@unionps.org">friske.brittany@unionps.org</a>
<b>Soccer-Girls</b>	Jami Rozell	<a href="mailto:rozell.jami@unionps.org">rozell.jami@unionps.org</a>
<b>Soccer-Boys</b>	Jason Rogers	<a href="mailto:rogers.jason@unionps.org">rogers.jason@unionps.org</a>
<b>Softball-Fast Pitch</b>	Courtney Girty	<a href="mailto:girty.courtney@unionps.org">girty.courtney@unionps.org</a>
<b>Softball-Slow Pitch</b>	Chris Nakashima	<a href="mailto:nakashima.chris@unionps.org">nakashima.chris@unionps.org</a>
<b>Swimming</b>	Lynne Gorman	<a href="mailto:gorman.lynne@gmail.com">gorman.lynne@gmail.com</a>
<b>Tennis-Girls</b>	Tyler Ashley	<a href="mailto:ashley.tyler@unionps.org">ashley.tyler@unionps.org</a>
<b>Tennis-Boys</b>	Kevin Gannon	<a href="mailto:gannon.kevin@unionps.org">gannon.kevin@unionps.org</a>
<b>Track</b>	Tim Dial	<a href="mailto:dial.timmy@unionps.org">dial.timmy@unionps.org</a>
<b>Volleyball</b>	Chadd McKee	<a href="mailto:mckee.chadd@unionps.org">mckee.chadd@unionps.org</a>
<b>Wrestling-Girls</b>	Gerald Harris	<a href="mailto:harris.gerald@unionps.org">harris.gerald@unionps.org</a>
<b>Wrestling-Boys</b>	Danny Jefferson	<a href="mailto:jefferson.daniel@unionps.org">jefferson.daniel@unionps.org</a>