

Heritage High School Sports and Music Information 2024-2025

Music

Choir: Chris Brown

Contact : chris.brown@rpsar.net

Orchestra : Jayne Jostad

Contact: Jayne.Jostad@rpsar.net

Tryouts: via Audition (contact @ email address provided)

Requirements: At Least 1 or more years prior experience is required

Other Information: Students will commute to HHS based on the Orchestra class they place in -- will be during 5th, 6th, or 7th Hour

Band: Chris Richard

Contact : Christopher.Richard@rpsar.net

Fall Sports

Bowling M/W: Juan Garcia

Contact: Juan.Garcia@rpsar.net or 479-318-8211

Tryouts: Tryouts happen in mid-September

Practice: We practice Mondays and Wednesdays 4:00 - 5:30pm @ Rogers Bowling Center

Other Information: No official summer bowling but summer leagues are STRONGLY encouraged

Competition Cheer: Aerial Guffey or Symphony Lockard

Contact aerial.guffey@rpsar.net or symphony.lockard@rpsar.net

Tryouts: Appx 4/2-4/6

Requirements: Resources posted on social media in February

Practice: 1st or 6th hour daily; Summer- 3 days per week + required 4 day camp in June

Other Information: Watch for information on Instagram @WarEagleSpirit

Competition Dance: Janet Warford or Symphony Lockard

Contact: janet.warford@rpsar.net or symphony.lockard@rpsar.net

Tryouts: Appx 3/26-3/29

Requirements: Resources posted on social media in February

Practice: 2nd or 5th hour daily; Summer- 3 days per week + required 4 day camp in July

Other Information: Watch for information on Instagram @WarEagleSpirit

Current Physicals are required for participation in all sports, Tryouts and Open Gym

Heritage High School

Sports and Music Information

2024-2025

Cross Country M/W: Tyler Rathke

Contact: ADAM.BUMSTED@RPSAR.NET & TYLER.RATHKE@RPSAR.NET

Tryouts: MAY 2024

Requirements: CURRENT PHYSICAL

Practice: MONDAYS - SATURDAYS IN THE FALL;
Summer-MON / TUE / THU / FRI FROM 7 AM TO 10 AM

Other Information: INSTAGRAM & TWITTER
@HERITAGE_XC_TF

Football: Eric Munoz

Contact: Eric.Munoz@rpsar.net

Golf M/W: Steve Berens

Contact: steve.berens@rpsar.net

Tryouts: Early May

Practice: Incoming freshmen will have the opportunity to practice with the team during the spring.

Tennis M/W: Taylor Tinsley

Contact : Taylor.Tinsley@rpsar.net

Tryouts: Tryouts will be in May towards the end of the school year.

Requirements: Must have an updated physical, tennis racket, and tennis shoes

Practice: During school, boys tennis practices before and during 1st hour. Girls tennis practices during and after 7th hour.

Other Information: Our season is from the beginning of August to mid-October. Summer we practice from 8 to 9:30 and 9:30 to 11 during the summer. In June we are off on Fridays. In July and August, we practice every day.

Volleyball: Melissa Danenhauer

Contact: Melissa.Danenhauer@rpsar.net

Tryouts: Freshman Tryout Day 1- April 29th 4pm-6pm,
Freshman Tryout Day 2- April 30th 4pm-6pm

Requirements: Mandatory Team Practices/ Camps
Begin- July 8th 8am- 10am

Winter Sports

Basketball M: Tom Olsen

Contact: paul.boyles@rpsar.net

Tryouts: Spring workouts begin on Tuesday, March 26 - time is TBA

Requirements: a current physical

Practice: practices will be Tuesday - Friday starting March 26 till the end of school

Other Information: Summer practice TBD

Basketball W: Josh Laymon

Contact: Josh.Laymon@rpsar.net

Swim/Dive M/W: Julie Sakalares

Contact: julie.sakalares@rpsar.net

Tryouts: Mid October each year

Requirements: Physical and up to date Dragonfly

Practice: 6-7 am Mid October -end of February

Wrestling M/W: Alvie Killingsworth

Contact: Alvie.Killingsworth@rpsar.net

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Spring Sports

Baseball: Brian Walker

Contact: Brian.Walker@rpsar.net

Tryouts: Late May dates TBD

Softball: Rodney Bowen

Contact: Rodney.Bowen@rpsar.net

Tryouts: May 21st 2024 5:30pm

@ High School Softball Complex

Requirements: Need glove, cleats or tennis shoes

Other Information: Pre-Register for tryouts using QR



Soccer M: Christian Saavedra

Contact: Christhian.saavedra@rpsar.net

Tryouts: TBA

Requirements: Current physical

Practice: practice 3-5

Other Information: no summer practices

Soccer W: Meagan Johnson

Contact: Head Coach- meagan.johnson@rpsar.net,
Assistant Coach- jake.watts@rpsar.net

Tryouts: End of May

Requirements: Up to Date physical, attend all practices

Practice: Off season M-F 3-4:30, In season M-F 3-5

Other Information: Summer Information TBD

Track M: Tyler Rathke

Contact: ADAM.BUMSTED@RPSAR.NET &
TYLER.RATHKE@RPSAR.NET

Tryouts: NOV 2024

Requirements: CURRENT PHYSICAL

Practice: MONDAYS - FRIDAYS IN THE FALL & SPRING;
Summer-TUE / THU 9 AM - 11 AM

Other Information: INSTAGRAM & TWITTER
[@HERITAGE_XC_TF](#)

Track W: Adam Bumsted

Contact: Adam.Bumsted@rpsar.net

Current Physicals are required for participation in all sports, Tryouts and Open Gym