

PCDS Upper School Fall Sports 2024-25

Begin the week of August 12, 2024

To be eligible to play an Upper School sport at PCDS, all required athletics forms must be submitted and accepted within the Magnus Health Portal (accessible from within the myPCDS Parent Portal). First-time Upper School athletes are also required to complete the online AIA Brainbook and Opioid Education courses. Please consult trainer Mitchell Barnhart with any questions about eligibility requirements.

Please note that Tryouts / Practices begin on Monday August 12th. Your attendance is vital in order to make a team. Please check the days and times for each sport.

Athletic Director

Shane Lewis

Contact: shane.lewis@pcds.org

Athletic Trainer

Mitchell Barnhart, DAT, AT, ATC

Lic# ATR-008952

Contact: mitchell.barnhart@pcds.org

Cross Country

Coach: Matthew Hull

Contact: matthew.hull@pcds.org

Practice Schedule: August 12-16, 6:30 – 8:00 a.m.

Diving

Coach: Kristin Pruet

Contact: kristin.pruett@pcds.org

Practice Schedule:

August 12, 9:00 – 10:30 a.m.

August 13 & 14, 7:15 – 8:30 a.m.,

August 15, 6:45 – 8:00 a.m.

August 16 - TBD

Swimming

Coach: Mike Maczuga

Contact: michael.maczuga@cox.net

Practice Schedule: August 12-16, 7:00 – 8:30 a.m.

Volleyball

Coach: Kat Glaeseman

Contact: kat.glaeseman@pcds.org

Tryouts: August 12-15, 3:30 – 5:30 p.m.