



## 2025 Winter Tryout Information

See below for specific Winter Sport information.

Contact the coach with any questions or for more information.

**All student athletes must be approved on [Aktivate](#) prior to any participation.**

**Girls Soccer** - Coach Flack [flack@cghsfl.org](mailto:flack@cghsfl.org)

Tryouts on the field Monday, October 13th from 10:30-12:30

Preseason conditioning begins Tuesday, September 29th 2:50-3:45

**Wrestling** - Coach Morris [jmorris@cghsfl.org](mailto:jmorris@cghsfl.org)

Pre-season starts October 1st in the wrestling room at 3pm.

**Boys Soccer** - Coach Ferreiro [boys-soccer@cghsfl.org](mailto:boys-soccer@cghsfl.org)

Boys soccer will have Mandatory Conditioning Week -10/06/2025-10/10/2025

10/13/2025 Soccer Tryouts/1st Day of Pre-Season to 10/31/2025 End of Pre-Season

Students participating in other Sports will be allowed to try out once they conclude with their Fall Sports Team.

**Cheerleading** - Coach St. Thomas [stthomas@cghsfl.org](mailto:stthomas@cghsfl.org)

Tryouts for the competitive team will be on September 29th. If you are interested in trying out please email Coach St. Thomas for more information.

**Dance** - Coach Garcia [dance@cghsfl.org](mailto:dance@cghsfl.org)

Please contact the coach with any questions.

**Boys Basketball** - Coach Mallon [boys-basketball@cghsfl.org](mailto:boys-basketball@cghsfl.org)

Tryouts will be held in the gym on October 27th-28th from 3:15pm-5:15pm. This will be for all teams.

Freshmen, JV, and Varsity.

**Girls Basketball** - Coach Gordon [gordon@cghsfl.org](mailto:gordon@cghsfl.org)

Tryouts will be held in the gym on Wednesday October 29th from 3:15pm-5:00pm. This will be for Girls Basketball all teams.

Spring Sports Tryout Date - January 2026

Contact the individual [coaches](#) regarding conditioning for Winter & Spring sports