

TROY HIGH SCHOOL
2026-27 Fall Sports Tryout & Practice Information

ALL ATHLETES MUST BE REGISTERED ON FINAL FORMS:

<https://troyathletics.org/finalforms/>

A NEW PHYSICAL must be on file prior to tryouts and dated after April 15, 2026.

CROSS COUNTRY

Summer Conditioning starts June 8th:

Monday–Friday @ 9:00 AM | Meet by the Main Entrance Visitor’s Lot

Tryouts:

August 10–12 @ 9:00 AM | Troy High Athletic Lot

In-Season Practices: Typically, 2:30–4:30 PM after school

(August schedule may vary—more info to come)

Contact: Grant Ehlert, Varsity Head Coach | troycoltsXC@gmail.com

FOOTBALL

First Day of Practice: Monday, August 10 @ Game Field

All Grade Levels | **Helmets & Shorts**

Times:

9:00 AM – 12:00 PM

2:00 PM – 4:00 PM

Freshmen & Sophomores arrive at 8:00 AM for equipment

Contact: Chris Frasier, Varsity Head Coach | cfrasier@troy.k12.mi.us

GIRLS GOLF

Tryouts:

Mon. Aug. 10th -10 am meet at the Back Nine Troy – Golf Simulator

Tues. Aug. 11th -10 am~3pm 18 holes for potential Varsity and 9 holes for JV at Sylvan Glen GC

Wed. Aug. 12th -10 am~3pm 18 holes for potential Varsity and 9 holes for JV at Sylvan Glen GC

Bring your own clubs and accessories. *Suggested pushcart but a pull cart can be rented.

\$20 per day for Aug. 11 & 12/ per student athlete due to the Sylvan Glen Pro shop.

*Final Forms requirements must be submitted prior to the first tryout day

Contact: Garrett Lovas, Varsity Head Coach | glovas@troy.k12.mi.us

GIRLS SWIMMING

Tryouts: August 10th and 11th

Additional Info:

August 10th |8:00-10:00 AM| Pool~ Warm-up set --> one 50-yard swim from the block of each of the 4 strokes (butterfly, backstroke, breaststroke, freestyle) for time.

August 11th |8:00-10:00 AM| Pool~ Warm-up set --> Aerobic base pace set. Six 100-yard freestyle swims with 5 seconds of rest in between. Average pace will be calculated.

Information from both above days will be used to make cuts; roster will be announced via email by the evening of the 11th.

Practice Begins: August 12th

Contact: Eric Schuman, Girls Swim & Dive Coach | eschuman@troy.k12.mi.us
