

SUMMER NEWSLETTER, JUNE 14, 2010

Dear Parents, Student-Athletes and Coaches:

As we conclude another successful school year at PHS, I want to provide you with as much information as possible so that you can plan your summer and prepare for the upcoming Fall Sport Season.

Follow us at www.PoolesvilleAthletics.com and sign up for your sport team email blasts, schedules and summer sport team practice schedules.

Notice some changes? *Your Booster Club Support* has led to incredible improvements to our programs/facilities!

ATHLETIC DEPARTMENT OFFERINGS:

Fall Season (August 14 – November)

Cheerleading (Varsity and JV)
Cross Country (Co-ed)
Football (Varsity and JV)
Field Hockey (Varsity and JV)
Golf (Coed)
Poms (Dance Team)
Soccer (Boys Varsity and JV)
Soccer (Girls Varsity and JV)
Tennis (Girls)
Volleyball (Girls Varsity and JV)

Winter Season (November 15 – March)

Basketball (Boys Varsity and JV)
Basketball (Girls Varsity and JV)
Indoor Track (Co-ed)
Swimming/Diving (Co-ed)
Wrestling (Varsity and JV)

Spring Season (March 1 – May)

Baseball (Varsity and JV)
Softball (Varsity and JV)
Tennis (Boys)
Track (Co-ed)
Volleyball (Boys)
Volleyball (Co-ed)
Lacrosse (Boys Varsity and JV)
Lacrosse (Girls Varsity and JV)

PHILOSOPHY:

Interscholastic athletics supplement and support the academic mission of the school system and assist students in their growth and development. Athletics assists in promoting the importance of teamwork, effort, goals, and commitment. Interscholastic athletics is highly competitive, but winning is not the primary measure of success. Sportsmanship, respect for participants, and dignity in the face of adversity are more important than the outcome of the contest. All athletes do not perform at the same level, but all can demonstrate effort, dedication, and fair play.

SPORT SEASON START DATES

Fall Sports: Saturday, August 14, 2010 (two practices allowed, one morning, one afternoon, on August 14, 16, 17, 18, 19, 20, and 21)

Winter Sports: Monday, November 15, 2010

Spring Sports: Tuesday, March 1, 2010

Sport Schedules: All Schedules will be posted on www.PoolesvilleAthletics.org no later than August 1.

CHEERLEADING TRYOUT NEWS!

We are promoting our supplemental training clinic and tryout for all students desiring to be Varsity and JV Cheerleaders. ***Got That Spirit? Show That Spirit!***

Clinic: Friday, August 13 and Saturday, August 14 (Times, TBA)

Tryout: Monday, August 16 (Time, TBA)

Conducted by NEW Cheer Coaches:

Varsity: Ms. Sambataro
JV: Ms. Oyer
Admin: Ms. Lawbaugh

NEW STRENGTH & CONDITIONING PROGRAM!

With valuable input from our consulting professionals Steve Morningstar of Fitness First and Craig Gaddis of Gold's Gym, a new state-of-the-art strength and conditioning program has been developed based on excellent teaching for athletes new to training, core strength development for speed and agility, and a bigger, faster, stronger program to provide our athletes with a competitive edge in their chosen sports. All training sessions will be supervised and conducted in our newly renovated PHS Strength Facility (aka – weight room).

ATHLETE PARTICIPATION IS A MUST!

Summer Program Schedule: Begins Monday June 21

Monday – Friday, 4pm - 6pm: *All Sport Teams w/Football*

Tuesday and Thursday, 4pm – 6pm: *All Sport Teams*
Mon, Wed, Fri, 7am – 9am: *Lady Falcons Only!*

There is a training plan for everyone from big to small and new to experienced. Just show up and make it happen!

PLEASE ATTEND MEET THE COACHES NIGHTS!

Fall Sports: Thursday, August 26, 2010, 6:30 pm
Winter Sports: Tuesday, December 1, 2010, 6:30 pm
Spring Sports: Thursday, March 17, 2011, 6:30 pm