



Fall 2025 Try-out Information

Important CCS Dates/Allowances

1. **Dead Period** - 1 week for all sports; no contact between coaches & athletes: **July 27-August 3**
 2. **2024 Limited Dead Period for all sports: August 4-August 7**
 - a. limitations identified in CCS Bylaw Article V (page 6)
 3. **Fall - 1st day of practice allowed:**
 - a. **Football = Monday, August 4th**
 - b. **All other Fall Sports = Friday, August 8th**
 - i. **NOTE:** CCS determines fall sports start dates. Due to the 5 day acclimation period for all Fall Sports, Football's start date is earlier because there have been more restrictions placed on their allowable practices.
 4. **First day of school:** Monday, 8/18
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FALL SPORTS/Coaches Contact Information

Cross Country

Head Coach: Bernie Ramos (bernie_ramos27@yahoo.com)

Try-Out Start Date: Aug 11th

Monday-Friday - 4:15PM, meet at Lynbrook outside of Field House, near the bathroom/lockers

Wednesday (August 13th Only) - 4:15PM, meet at [Beauchamps Park](#)

Saturday - 8:00AM, meet at [Beauchamps Park](#)

Sport Specific Information:

- All experience and talent levels are welcome!
- Practices Sessions:
 - Practices will vary between 5-6 days per week (Mon-Friday 4:15PM start, Saturday 8:00AM)
 - Practices last between 2hrs to 3hrs and depend upon daylight availability
 - All incoming athletes will be expected to be able to run for a minimum of 30 minutes without stopping.
- Required Gear:
 - NEW pair of running shoes (please have running shoes replaced after 350-400miles of use, example: lowest mileage on our team is 120miles/month and up to 180miles/month)
 - Water bottle & Sunscreen
 - Wristwatch (Start/Stop/Split/Recall Function)
 - Sweat top and bottoms for pre and post workouts during the colder month



Cheer

Head Coach: Peighton Irwin (peightonirwin@gmail.com)

Season of Sport: Year Round

Try-Out Start Date: TBD

Dance

Head Coach: Katherine Labosky (lhsvalkyriescoach@gmail.com)

Season of Sport: Year Round

Try-Out Start Date: In the Spring for the following school year.

Field Hockey

Head Coach: Ashley Erickson (ashleyerickson@sbcglobal.net)

Head JV Coach: TBD

Try-Outs Schedule:

August 19th-21st 5:30pm-7:30pm on Stober Field

Practice Schedule:

Preseason: Monday-Friday 5:30pm-7:30pm

In season: Games take place Monday and Wednesday Varsity at 4 pm and JV to follow.

Practices Tuesday, Thursday, and Friday 5:30pm-7:30pm

- **No experience required!** Almost all incoming players are new to the sport.
- Required gear: shin guards, mouthguard, athletic shoes, water bottle
 - Players can borrow a stick from the program.
 - Soccer shin guards ok for tryouts; hard-shell FH shin guards required for season
- Players MUST have shin guards, mouthguards, and completed medical clearance to try out!

Football

Head Coach: Jerome Holloway (jerome_holloway@fuhdsd.org)

JV Head Coach: Joseph Luo (joseph_luo@fuhdsd.org)

Tryout Schedule: JV Football 2025

When you make the team, a physical exam will be needed on file as well as passing the concussion baseline testing (Uploaded onto Home Campus)

Try-Out Start Date: The

Aug 4th - 8th @ 9:00am - 11:00am (Helmet Practice)

August 11th-15th @3:15pm - 5:30 pm (Padded Practice)

This image is what our practice schedule looks like during the school year.

Sport Specific Information:

- All experience and talent levels are welcome to join!
- Practices Sessions:
 - Practices will be Monday-Thursday & games on Friday.
 - With 1 Saturday Game & 1 Thursday Game.
 - This is what our practice schedule will look like during the school year.

Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-6:00	4:00-6:30	3:15-5:30	4:00-5:30	GAME	
			GAME	3:15-4:45	GAME

4 Friday Games - 1 Thursday Game (10/16) & 1 Saturday Game (9/27)

- Required Gear:
 - Running Shoes, Football cleats, athletic shorts, plain t-shirt & mouthpiece
- Recommended gear:
 - Football Gloves, football spats & water bottle

Girls Flag Football

Head Coach: Leydy Sosa (leydysosa21@gmail.com)

- Practices start August 11th. Practices will run on Tuesdays, Thursdays and Fridays. Mondays and Wednesdays are game days through October 27th from 4:15-6:15pm
- All experience and talent levels are welcome!

Football tryouts will be held this Monday August 11 through Thursday August 14 starting at 4:30 PM each day. Location on the practice field behind baseball and softball fields.

Potential Saturday practices may also be scheduled before the season begins!

Let me know if you have any questions!

- Required Gear:
 - NEW pair of Football Cleats [Nike Cleats](#) [Adidas Cleats](#) [Amazon Cleats](#)
 - Football Gloves [Adidas Gloves](#) [Nike Gloves](#) [Amazon Gloves](#)
 - Mouthpiece Mouthpiece Mouthpiece [Molding](#)
 - Shorts with **no pockets**. Soccer shorts are a good option
 - Water bottle
 - Sweat top and bottoms for pre and post workouts during the colder months.
 - No jewelry of any kind should be worn.

Be sure to complete your Athletic Registration prior to 8/07/25 to be eligible to participate in athletics!



Girls Golf

Head Coach: Art Zimmermann (coachartzim@gmail.com)

Bring your clubs and your YOC (Youth on Course) #.

If you do not have a number you can go to <https://youthoncourse.org/>

Tryouts start on Monday, August 11 at Pruneridge Driving Range 3pm to 4pm. You must be cleared in Home Campus to try out for the golf team. Tuesday we will be at Pruneridge 3pm to 4pm and Wednesday we will be back at Pruneridge 3pm to 4pm.

Girls Tennis

Head Coach: Artur Westergreni, (artur.tennis.fun@gmail.com)

JV Head Coach: Brian Ma (brianknight@gmail.com)

Girls tennis tryouts and practice begin on Tuesday, Aug 12 at 3:00pm at the Lynbrook tennis courts. Tryouts will continue at 3:00pm Aug 12-16.

When school starts, practice start times: 3:30pm M-

Girls Volleyball

Head Coach: Kerri Hernandez (kerri9@hawaii.edu)

JV Coach: Kerri Hernandez

Season of Sport: Fall

Try-Out Start Date:

Monday, Aug. 11 1:30pm - 4:30pm,
Tuesday, August 12 10:00-12:00 (NO FRESHMAN),
Wednesday, August 13 10:00-12:00,
Thursday, August 14 10:00am - 12:00pm,
Friday, August 15 10:00am - 12:00pm,
make up tryouts are Saturday August 16 11a-1p

Boys Water Polo

Head Coach: Ryan Hume (beigemush@gmail.com)

Assistant Coach: Trent Itow (trentitow@gmail.com)

TRYOUTS

- ✦ Mon 8/11 – Fri 8/15, 4pm – 6pm
- ✦ basic swim experience a must

PRACTICES and GAMES

- ✦ attendance required
- ✦ practices M–F 4pm – 6pm; optional mornings TBA
- ✦ League games on Tuesdays and Thursdays; additional games TBA



EQUIPMENT

- ◆ brief ("Speedo") style swimsuit — water polo suit preferred
- ◆ water bottle
- ◆ sunscreen
- ◆ goggles
- ◆ elastic resistance band

Girls Water Polo

Head Coach: TBD

TRYOUTS

- ◆ Mon 8/11 – Fri 8/15, 4pm – 6pm
- ◆ basic swim experience a must