

# FRHS FALL SPORTS INFORMATION 2021

**ORANGE "PERMIT TO PRACTICE" CARD REQUIRED BEFORE OFFICIAL PRACTICE/TRYOUTS STARTING August 9, 2021**

<b>FOOTBALL</b>	● HEAD COACH: Jeff Fulton ● <a href="mailto:jfulton@psdschools.org">jfulton@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>● Morning Weights beginning June 1 Monday, Tuesday, Thursday &amp; Fridays 6:30 – 8:30 am</li><li>● Voluntary Mini Camp July 26-30 - 4:30 – 6:30 pm</li><li>● Official Start Date for Fall Football is August 9. Practices begin Aug. 2, 2021 M-F 4:30-7:00 pm</li><li>● Intermittent 7 on 7 sessions TBD Varsity &amp; JV only</li></ul>
<b>VOLLEYBALL</b>	● HEAD COACH: Juliane Mosebar ● <a href="mailto:jmosebar@psdschools.org">jmosebar@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>● Pre-season training begins the week of July 12<sup>th</sup>. Tuesdays and Thursdays 5:00-7:00 pm until tryouts begin</li><li>● Contact coach for more information</li></ul>
<b>CROSS COUNTRY</b>	● HEAD COACH: Dani Cook ● <a href="mailto:FossilCrossCountry@psdschools.org">FossilCrossCountry@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>● Begins late June/early July on Monday, Wednesday, Friday 6:30 – 8:30 am at rotating locations.</li><li>● For more program information and final summer training updates, visit <a href="http://fossiltxc.com">fossiltxc.com</a></li></ul>
<b>FIELD HOCKEY</b>	● HEAD COACH: Erik Curtis ● <a href="mailto:erik.m.curtis@gmail.com">erik.m.curtis@gmail.com</a>
Info:	<ul style="list-style-type: none"><li>● Summer come-and-learn sessions Tuesdays and Thursdays 6:30-8:30 pm and Saturdays 8:00-10:00 am - June 1 – July 31</li></ul>
<b>BOYS GOLF</b>	● HEAD COACH: Andy Stevens ● <a href="mailto:astevens@psdschools.org">astevens@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>● Pre-season meeting for try-out info and season details held late May TBD</li><li>● Contact coaches for more information - Andy Stevens <a href="mailto:astevens@psdschools.org">astevens@psdschools.org</a> Jamie Menefee <a href="mailto:jmenfee@psdschools.org">jmenfee@psdschools.org</a></li></ul>
<b>BOYS SOCCER</b>	● HEAD COACH: Dan Weiss ● <a href="mailto:FossilBoysSoccer@psdschools.org">FossilBoysSoccer@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>● Summer workouts begin June 7, 2021 Monday -Thursday 4:30 – 6:30 pm</li><li>● Weights Tuesday and Thursday mornings Time – TBD</li><li>● Tryouts begin August 9, 2021</li><li>● Please refer to web site <a href="http://www.fossilridgesoccer.com">www.fossilridgesoccer.com</a></li></ul>
<b>BOYS TENNIS</b>	● HEAD: COACH Steve Schultz ● <a href="mailto:steveschultz@yahoo.com">steveschultz@yahoo.com</a>
Info:	<ul style="list-style-type: none"><li>● Summer Camp begins June 8, 2021</li><li>● Pre-season camp begins August 2, 2021</li><li>● Tryouts begin August 9, 2021</li></ul>
<b>GYMNASTICS (ROCKY MTN HIGH SCHOOL)</b>	● HEAD COACH: Jaia Sattler ● <a href="mailto:jsattler928@hotmail.com">jsattler928@hotmail.com</a>
Info:	
<p>For up - to - date sports info, please contact the coach or visit the web site.</p>	