

# FRHS SPRING SPORTS INFORMATION 2020

**ORANGE "PERMIT TO PRACTICE" CARD REQUIRED BEFORE OFFICIAL PRACTICE/TRYOUTS STARTING March 2<sup>nd</sup>**

<b>BASEBALL</b>	● HEAD COACH: Scott Masi ● <a href="mailto:FossilBaseball@psdschools.org">FossilBaseball@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>• Pre-season begins January 8, each Monday and Wednesday at 7:00 am in Main Gym</li><li>• Tryouts begin March 2<sup>nd</sup></li></ul>
<b>GIRLS GOLF</b>	● HEAD COACH: Andy Stevens ● <a href="mailto:astevens@psdschools.org">astevens@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>• For information visit team website <a href="http://www.tinyurl.com/frhsgg">www.tinyurl.com/frhsgg</a></li><li>• Tryouts begin Monday, March 2. Tryout schedule will be listed on the website. \$20.00 Tryout fee</li><li>• Preseason meeting will be hosted</li></ul>
<b>BOYS SWIM &amp; DIVE</b>	● HEAD COACH: Mark Morehouse ● <a href="mailto:mmorehouse@psdschools.org">mmorehouse@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>• <b>Pre-Season Strength Training – Starts Thursday 1/9</b> Tuesdays &amp; Thursdays 7:15 - 8:30 am – meet outside weight room</li><li>• <b>Preseason Camp – Swimming &amp; Diving will start week of 2/17 - Dates and Times TBA</b><ul style="list-style-type: none"><li>○ Anyone trying out for the team who is not in a winter sport or training with a club Senior, Pre-Senior, Arete or Challenge group is required to be at preseason workouts .</li></ul></li></ul> <p>Please email Coach Morehouse if you missed the preseason meeting and are interested in being a part of the team. No experience is necessary!</p>
<b>GIRLS SOCCER</b>	● HEAD COACH: Kim Whisenant ● <a href="mailto:kmwhis@hotmail.com">kmwhis@hotmail.com</a>
Info:	<ul style="list-style-type: none"><li>• Sign-up for pre-season workouts at The Edge Sports Complex - <a href="https://www.signupgenius.com/go/20FoE44ADAF29AAFB6-indoor">https://www.signupgenius.com/go/20FoE44ADAF29AAFB6-indoor</a></li><li>• Sign-up for pre-season workouts at Loveland Sports Park...coming soon Follow us on social media for information about the Spring 2020 season: Instagram: @fossilridgesoccer Twitter: @soccerfossil</li><li>• Tryouts – March 2-6, Times – 4:30-6:00 pm</li></ul>
<b>GIRLS TENNIS</b>	● HEAD COACH: Mike Scimeca ● <a href="mailto:FossilGirlsTennis@psdschools.org">FossilGirlsTennis@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>• Website: <a href="https://sites.google.com/site/frhstennis/home">https://sites.google.com/site/frhstennis/home</a></li><li>• Informational meeting will be scheduled for the end of January</li></ul>
<b>TRACK (Boys &amp; Girls)</b>	● HEAD COACH: Beck Easton ● <a href="mailto:beaston@psdschools.org">beaston@psdschools.org</a>
Info: <a href="http://fossiltcx.com">fossiltcx.com</a>	<ul style="list-style-type: none"><li>• Camp week is February 24 – 29, 4:15 – 6:15 pm</li><li>• First official practice is Monday, March 2<ul style="list-style-type: none"><li>○ M, T, Th, F 4:15 – 6:15 pm</li><li>○ W 7:30 – 8:30 am</li></ul></li></ul>
<b>BOYS LACROSSE @Rocky Mtn. High School</b>	● HEAD COACH: Domenic Alfieri ● <a href="mailto:dalfieri@psdschools.org">dalfieri@psdschools.org</a>
Info:	<ul style="list-style-type: none"><li>• Preseason practice begins January 7 Tuesday – Thursday, 5:00-7:00 pm at French Field</li><li>• <a href="http://www.lobolax.com">www.lobolax.com</a></li></ul>
<b>GIRLS LACROSSE@Rocky Mtn. High School</b>	● HEAD COACH: Pam Kraemer ● <a href="mailto:pbkramer14@gmail.com">pbkramer14@gmail.com</a>
Info:	<ul style="list-style-type: none"><li>• Indoor preseason conditioning and skills at RMHS small gym 1/13-2/24 every Monday and Wednesday except 1/20 &amp; 2/17. Please bring a water bottle, indoor athletic shoes, mouth guard, stick and eyewear.</li></ul>

