

# TINLEY PARK HIGH SCHOOL

## BOYS'

### FALL SPORTS PRACTICE SCHEDULE

#### FOOTBALL



Head Coach:

Season Start Date:

Practice:

Equipment Needed:

Josh O'Shea

**Monday, August 12, 2019**

Report to the South Gym at 9:00 a.m. – 1:00 p.m.

Shorts, gym shoes, and T-shirt, cleats, lunch & drink, water bottle

#### CROSS COUNTRY



Head Coach:

Season Start Date:

Practice:

Equipment Needed:

Lori Vitt

**Monday, August 12, 2019**

Report to the Swim Locker Room at 7:00 a.m.

Running shoes, shorts and T-shirt, water bottle

#### BOYS' GOLF



Head Coach:

Pre-Season Meeting

Time/Place:

Season Start Date:

Practice:

Mike Barcena

**Tuesday, August 6**

**9:00 am, Room 123**

**Monday, August 12, 2019**

Report to Door S-1 at 8:45 a.m.

#### BOYS' SOCCER



Head Coach:

Season Start Date:

Practice:

Equipment Needed:

Pietro Sansone

**Monday, August 12 – 9:00 a.m.**

Soccer Practice Field - (In the event of rain, back hallway)

Soccer or turf shoes, shin guards, athletic shorts, shirt appropriate to weather and water bottle

**\*NOTE: All athletes MUST have a current physical and be registered online for school in order to be cleared through the Athletic Office prior to the first day of practice. Please present your Clearance Slip to your coach at the start of practice.**

**TINLEY PARK HIGH SCHOOL**  
**GIRLS'**  
**FALL SPORTS PRACTICE SCHEDULE**

**CROSS COUNTRY**



**Head Coach:** DJ Brown  
**Season Start Date:** **Monday, August 12, 2019**  
**Practice:** Report to the West Gym at 1:00 – 3:00 p.m.  
**Equipment Needed:** Running shoes, shorts, water bottle – Be prepared for participation

**GOLF**



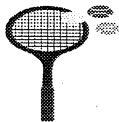
**Head Coach:** Chuck Moore  
**Season Start Date:** **Monday, August 12, 2019**  
**Practice:** Meet in the Athletic Corridor at 10:00 a.m.  
**Equipment Needed:** Clubs, balls – be ready to practice!

**SWIMMING**



**Head Coach:** Lucy Witkowski  
**Season Start Date:** **Monday, August 12, 2019**  
**Practice:** Report to the Swimming Pool at 1-4:30 p.m.  
**Equipment Needed:** Swim suit, cap and towel (goggles, if needed).

**TENNIS**



**Head Coach:** Greg Postweiler  
**Season Start Date:** **Monday, August 12, 2019**  
**Practice:** Report to the Tennis Courts at 8:00 a.m.  
**Equipment Needed:** Tennis shoes, racket and appropriate practice clothing

**VOLLEYBALL**



**Head Coach:** Lee Rucinski  
**Season Start Date:** **Monday, August 12, 2019 – Report to West Gym**  
Varsity – 8:00-10:00 am / Sophomores & Freshman – 10:00 am-12:00 pm  
**Tuesday, August 13, 2019 – Report to West Gym**  
Varsity – 8:00-10:00 am / Sophomores & Freshman – 10:00 am-12:00 pm  
**Equipment Needed:** Gym shoes, T-shirt, athletic shorts and knee pads (optional)

**\*NOTE: All athletes MUST have a current physical and be registered online for school in order to be cleared through the Athletic Office prior to the first day of practice. Please present your Clearance Slip to your coach at the start of practice.**