

# **Towson High School**

## **Fall Sports Tryout/Practice Schedule**

### **2021-22 School Year**

#### **Golf**

[Golf Tryout Information](#)

#### **Badminton**

August 11<sup>th</sup>-13<sup>th</sup>, 9:00-10:30-Girls, 10:30-12:00-Boys

August 16<sup>th</sup>-20<sup>th</sup>, 9:00-10:30-Girls, 10:30-12:00-Boys

Location: Gymnasium

Equipment Needed: Racket, water bottle, and towel.

Expectations: Coach Page, expects everyone to come to tryouts ready to give their best effort and to exhibit good sportsmanship. Whether we have to make cuts will depend on the number of players who try out. If cuts need to be made there will be a practice period of a few days followed by a few days of round robin match play to determine standing.

Coach Steven Page – [stevenmhpage@gmail.com](mailto:stevenmhpage@gmail.com)

#### **Field Hockey**

August 11<sup>th</sup>-13<sup>th</sup>, 4:30-6:30

August 16<sup>th</sup>-20<sup>th</sup>, 4:30-6:30

Location: Turf Field

Equipment Needed: Shin guards, field hockey stick, goggles, mouth guard, last name taped on back of a pinnie, and sneakers.

Expectations: Arrive 5-10 minutes early to check in with coaches and please bring plenty of water. Come ready to work hard with a positive attitude.

Coach Natalee Szopo - [nszopo@bcps.org](mailto:nszopo@bcps.org)

#### **Boy Soccer**

August 11<sup>th</sup>-13<sup>th</sup>, 9:00-12:00

August 16<sup>th</sup>-20<sup>th</sup>, 9:00-12:00

Location: Practice Grass Soccer Field

Equipment Needs: White T-shirt with last name and grade printed on the back, shorts (white or maroon), proper socks, cleats, and shin guards, water jug, and soccer ball with your name on it.

Expectations: Report to practice the first day in great shape. Hustle, hustle, and hustle.

Demonstrate determination, discipline, and good sportsmanship. Players will be evaluated on dribbling skills, performance in game situation, control skills, attentiveness, cooperation,

shooting skills, mental attitude, passing skills, speed/quickness, team play, and knowledge of the game.

Coach Randy Dase – [randydase1@gmail.com](mailto:randydase1@gmail.com)

### **Girls Soccer**

August 11<sup>th</sup>, 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 8:00-10:00

Location: Turf Field

Equipment Needed: Shin guards, soccer cleats, running shoes, and water. All freshman or new players should wear a white t-shirt with their last name written on the back.

Expectations: Players must be dressed and ready to start at 8am, please arrive 10 minutes early to check-in with coaches.

Coach Lauren Hanley - [lhaley@bcps.org](mailto:lhaley@bcps.org)

### **Football**

August 11<sup>th</sup>-13<sup>th</sup>, 2:30-4:30

August 14<sup>th</sup>, 8:00-10:00

August 16<sup>th</sup>-20<sup>th</sup>, 2:30-4:30

Location: Turf Field

Equipment: Helmet, practice jersey, and cleats.

Expectations for the first couple days of practice is going to be the evaluation process. As we do not traditionally cut players there will be an emphasis on practice participation.

Coach Kelly Bryant - [Kelly.coley.bryant@gmail.com](mailto:Kelly.coley.bryant@gmail.com), 667-201-0622

### **Cheerleading**

August 17<sup>th</sup>-21<sup>st</sup>, 12:00-2:00

Location: Activity Room

Equipment Needed: Cheer Shorts, Cheer Shoes, water bottle

Expectations: Positive attitude, school spirit, basic knowledge of cheerleading sideline and competition. Tryouts will consist of cheers, dance, 8-counts, jumps, stunting, tumbling (basic and advance), voice projection, and school spirit.

Coach Courtney Jacobs - [kjacobs@bcps.org](mailto:kjacobs@bcps.org)

### **Cross Country**

August 16<sup>th</sup>-20<sup>th</sup> 8:30-10:30

Location: Senior Café Patio

Equipment Needed: Athletes should bring to practice at least 2 liter/quarts of water in their own water bottle(s), running shoes, socks, shorts, and t-shirt.

Expectations: All athletes should have completed the summer training program. Time trial/fitness assessment will happen during practice on August 18<sup>th</sup>

Contact information: Cross Country/Track Schoology Group

Coach Gil Stange - [gstange@bcps.org](mailto:gstange@bcps.org), Coach Linda McShane - [lmcshane3@bcps.org](mailto:lmcshane3@bcps.org)

### **Volleyball**

Tryout Schedule: <http://media.digitalsports.com/files/2021/07/2021-Towson-High-School-Volleyball-Info.pdf>

Location: Gymnasium

Equipment Needed: Knee pads & water bottle

Coach Sarah Nugent - [snugent@bcps.org](mailto:snugent@bcps.org)