

ANALY HIGH SCHOOL 2022 FALL SPORTS

<u>SPORT</u>	<u>START DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Cross Country	August 9 th	3:30PM	Analy Track
Football	August 8 th	4:00PM	AHS Stadium
Volleyball	August 8 th	9 th /10 th 3:00PM 11 th /12 th 4:30PM	AHS Main Gym
Girls' Tennis	August 8 th	3PM	AHS Tennis Courts
Girls' Golf	August 11 th	Lunch	Annex 4

Athletic Participation Registration needs to be completed **ONLINE**. Don't forget to download the Sports Physical Form during your registration process. Please take the Sports Physical Form with you to your doctor at the time of the Physical Exam. The registration link and sports physical form is available at the Analy Athletics Web site at www.ahsathletics.org. No Student-Athlete will be allowed to try-out or practice without completing the online registration. Student-Athletes and parents are strongly encouraged to bring completed Physical Forms and Athletic Donation Check for \$100 to Annex 4 (directly behind main gym next to track) during the week of Aug. 2nd Do not wait until the first day of Try-Outs!

*Parents/Athletes need to complete the online registration process and bring their 2 page Sports Physical Form (signed by a MD or DO) and donation check for \$100 to the Athletic Director prior to attending try-outs. Please bring your Sports Physical Form/check to the Athletic Director at least one day prior to tryouts!

*Physicals can also be uploaded to your online registration or emailed to jellwood@wscuhsd.org

Fall 2022-2023 Dates/Times for Sports Physical/Donation Collection

Aug. 3th: @Registration Annex 4, 8am-3pm

Aug. 4th : Annex 4, 10am-2pm

Aug. 5th : Annex 4, 10am-12pm

Aug. 8th Annex 4, 4pm-6pm

Aug. 9th Annex 4, 4pm-6pm

Aug.10th Annex 4, 4pm-6pm

Beginning Aug 11th in the Health Tech's office, Main Building 8am-2pm

Fall Coaching Contacts

V Football	Daniel Bourson	824-2318	dbourdon@wscuhsd.org
JV Football	Carson Pforsich	921-9088	carsonpforsich@yahoo.com
Volleyball	Holly Folendorf	484-3703	hollyf16@aol.com
Cross Country	Mark Grismer	530-304-5797	megrismer@ucdavis.edu
Girls' Tennis	Monty Delozier	331-5579	monty.delozier@gmail.com
Girls' Golf	Mike Serrano	239-6364	serranomk375@aol.com
Cheerleading	Aaliah Hansen	548-0222	westcountycheer@wscuhsd.org
Athletic Directors	Joe Ellwood	824-2321	jellwood@wscuhsd.org
	Mike Roan	824-6563	mroan@wscuhsd.org