

Royal Oak Athletic Department
Winter Pre-Season/Tryout Information



Season	Winter	19-20
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HIGH SCHOOL			Pre-Season Non- Mandatory Workouts	Season	Location	Registration
Sport	Level	Head Coach	Contact Head Coach:	First Official Practice/Tryouts		ROHS Athletic Office
Basketball- Boys	Varsity	Aaron Smith	asmith@pistons.com	Nov 18, 5:00-7:15pm	Gym	Physical and Contract form must be on file 4 Options: Oct 30, 3-4pm Nov 4, 3-4pm Nov 11, 3-4pm Nov 18, 3-4pm
Basketball- Boys	JV	Robert Smith	smith1741@att.net	Nov 18, 3:15-5:15pm	Gym	
Basketball- Boys	F	Peter Walby	spwalby@comcast.net	Nov 18, 3:15-5:15pm	Gym	
Basketball- Girls	Varsity	Brian Sopata	brian.sopata@royaloakschools.org	Nov 11, 5:30-8:00pm	Gym	
Basketball- Girls	JV	Erica Hayworth	hayworthe@gmail.com	Nov 11, 4:00-6:00pm	Gym	
Basketball- Girls	F	Melissa Vangorden	melissa.vangorden@royaloakschools.org	Nov 11, 4:00-6:00pm	Gym	
Bowling- Boys/Girls	V	Matt Milazzo	matthew.milazzo@royaloakschools.org	Nov 18, 3:30pm	Astro Lanes	
Cheer	Varsity	Jessica Tolonen	rohsprogramcheer@gmail.com	Nov 12, 3:30-6:30pm	HS Cafeteria	
Cheer	JV	Jessica Tolonen	rohsprogramcheer@gmail.com	Nov 12, 3:30-6:30pm	HS Cafeteria	
Hockey	Varsity	Paul Fox	pwfox16@gmail.com	Nov 4, 4:00-5:25pm	Lindell	
Wrestling	Varsity/JV	Jason Palazzolo	jason.palazzolo@royaloakschools.org	Nov 18, 3:30-5:30	Gym Balcony	
Swim/Dive	Varsity/JV	Darrin Millar	teammillar@wowway.com	Dec 2, 5:00pm	ROMS Pool	
Dance	JV only	Jen Hull	rohsdance@gmail.com	Contact Coach Hull	Churchill	

* Locations and times are subject to change due to the construction schedule at ROHS

** We will do our best to minimize changes



MIDDLE SCHOOL			Pre-Season Workouts	Season	Location	Registration
Sport	Level	Head Coach	Contact Head Coach:	First Official Practice/Tryouts		ROMS Athletic Office
Basketball- Boys	7th	Joe Homrocky	joseph.homrocky@royaloakschools.org	Nov 4, 3:00-5:00pm	MS Gym	Physical and Contract form must be on file Winter #1 Oct 21 & 22 3-4pm Winter #2 Jan 13 & 14 3-4pm
Basketball- Boys	8th	John Sebastian	john.sebastian@royaloakschools.org	Nov 4, 6:30-7:45am	MS Gym	
Swim- Boys & Girls	7th & 8th	Kevin Ryan	kpryan57@yahoo.com	Nov 4, 3:00-5:00pm	ROMS Pool	
Volleyball	7th	Natalie Weir	natalie.weir@royaloakschools.org	Jan 21, 3:00pm	MS Gym	
Volleyball	8th	Mike Betman	michael.betman@royaloakschools.org	Jan 21, 6:30am	MS Gym	
Wrestling	7th & 8th	TBA	contact V Head Coach: jason.palazzolo@royaloakschools.org	Jan 21, 3:15pm	MS Cafeteria	