



## Oakdale High School Athletic Department

### Winter 2019-20 Tryouts Schedule

Sport/Coach	Fri - Nov 15	Sat - Nov 16	Mon - Nov 18
<b>Basketball - Boys</b> <a href="#">Brandon Long</a>	<b>JV:</b> 6:00 PM - 8:00 PM <b>Var:</b> 3:30 PM - 6:00 PM Main & Aux Gym	<b>JV.:</b> 10:30 AM - 12:30 PM (Main Gym) <b>Var.</b> 8:00 AM - 10:30 AM (Main Gym)	<b>JV.</b> 6:00 PM -8:00 PM (AUX Gym) <b>Var:</b> 3:30 PM - 6:00 PM (Main Gym)
<b>Basketball - Girls</b> <a href="#">Rob Healy</a>	<b>JV &amp; Var</b> 2:30 PM - 4:30 PM Main Gym	<b>JV:</b> 11:00 AM - 2:00 PM (AUX Gym) <b>Var:</b> 8:00 AM - 11:00 AM (AUX Gym)	<b>JV:</b> 7:00 PM -9:00 PM (Main Gym) <b>Var:</b> 4:15 PM - 7:15 PM (Main Gym)
<b>Bocce - Unified</b> <a href="#">Shelly Orzechowski</a>	** Interest Meeting TBA **		
<b>Cheerleading</b> <a href="#">Sherri Krivos</a>	N/A	N/A	2:30PM - 4:00 PM(Aux Gym) <b>*Additional Tryouts*</b> 11/19(Tuesday) & 11/20 (Wednesday) 2:30 PM -4:30 PM (Aux Gym)
<b>Indoor Track - Boys</b> <a href="#">Dave Lillard</a>	2:30 PM - 5:00 PM Meet in A106 (Will be going outside)	(See Coach Lillard for schedule)	(See Coach Lillard for schedule)
<b>Indoor Track - Girls</b> <a href="#">Adell Remsberg</a>	2:40 PM - 4:30 PM Meet in B144 (Will be going outside)	(See Coach Remsberg for schedule)	(See Coach Remsberg for schedule)
<b>Swimming &amp; Diving - Boys</b> <a href="#">Chris Lamont</a>	N/A	11:45 AM - 1:15 PM Walkersville HS Pool	6:30 PM - 7:45 PM Walkersville HS Pool
<b>Swimming &amp; Diving - Girls</b> <a href="#">Brigid Kavanaugh</a>	N/A	11:45 AM - 1:15 PM Walkersville HS Pool	6:30 PM - 7:45 PM Walkersville HS Pool
<b>Wrestling</b> <a href="#">Matt Wax</a>	2:30 PM - 5:30 PM Wrestling Room	9:00 AM - 12:00 PM Wrestling Room	Weight Certifications @ TJHS

**All interested students must complete/submit the following *prior* to the first tryout session on *November 15***

- **Complete FCPS Online Registration**
  - Please review the directions through the link below before beginning the registration process
  - <https://fcps.ezcommunicator.net/edu/Frederick/Upload/0/6909.pdf>
- **Submit Physical on FCPS form dated April 1, 2019 or later**
  - Physical Forms -  
[https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fb0-3a18-11e6-b537-22000bd8490f/1713939/b30f0064-230d-11e8-abf2-0a38f096a500/file/PhysicalEvaluationForm\\_English.pdf](https://campussuite-storage.s3.amazonaws.com/prod/33903/86de7fb0-3a18-11e6-b537-22000bd8490f/1713939/b30f0064-230d-11e8-abf2-0a38f096a500/file/PhysicalEvaluationForm_English.pdf)
  - If student tried out for or played a fall 2019 sport, the physical does not need to be re-submitted (it is on file in the athletic office)