



Oakdale High School Athletic Department

Winter 2019-20 Tryouts Schedule

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