

Fall Sports 2009-10

Sport

First Practice

Cross Country Boys and Girls	August 12 th – 9:30 AM come ready to run. Meet at east end of bleachers. Have physical, Drug/Parent Permission form signed
Football – Varsity	August 12 th – 8:00 AM on the practice field, bring t-shirt, socks, tennis shoes, cleats, and water. Have physical
Football – Sophomore	August 12 th – 8:00 AM on the practice field, bring t-shirt, socks, tennis shoes, cleats, and water. Have physical
Football – Freshman	August 12 th – 8:00 AM in the home bleachers Bring t-shirt, socks, tennis shoes, cleats, and water. Have physical and signed Drug/Parent Permission form
Golf – Varsity	August 12 th – 9:00 AM at Pine Hills Have physical and Drug/Parent Permission form signed (if one is not on file already)
Golf – Frosh/Soph	August 12 th – 9:00 AM at Dayton Ridge, Have physical and Drug/Parent Permission form signed, bring clubs
Soccer Boys and Girls	August 12 th – 9:00 AM to NOON Meet at field with physical, and Drug/ Parent Permission form signed
Girls Swim	August 12 th – 10:00 AM at OHS poolside
Girls Tennis	August 12 th – 9:00 AM at OHS courts Bring rackets and water
Volleyball	August 12 th – Meeting 7:30 AM, practice immediately following Be prepared: t-shirt, shorts, knee pads socks, and shoes. Have your own water bottle. Have physical, and signed drug/parent permission form (if not already signed)

All sophomores, juniors and seniors going out for a sport must have their sport **physical, and Drug/Parent Permission form signed**. These forms can be turned into Mrs. Grunstad in room 401 BEFORE practice. Freshman physicals are valid for one calendar year.

KEEP UPDATED WITH SCHEDULES/SCHEDULE CHANGES WITH: HighSchoolSports.net

This website will keep you updated on all last minute changes in game dates/times