

## Middle School 2019 Fall Athletics Information



**FALL SPORTS PRACTICES BEGIN IN EARLY  
AUGUST BEFORE SCHOOL STARTS.  
PLEASE SEE BELOW FOR YOUR SPECIFIC SPORT.**  
***\*\*\*Please make sure you have physicals before trying out\*\*\****

### **Cross Country (Boys & Girls)**

**Coach:** Dan Lieberth (dlieberth@ghbulldogs.org)

**Start date:** Meet August 5th from 9:00 - 10:00 AM

8/5-8/14 Practice Monday-Wednesday 9:00 - 10:00 AM

**Location:** Meet at Old Birch Pavilion in Garfield Hts. Park

**Equipment needed:** Comfortable running shoes, lightweight clothing, water bottle, supportive undergarments, athletic watch with a stopwatch

### **Boys Football**

**Coaches:** Jason Osborne (josborne@ghbulldogs.org)

**Dates:** June 24, 26, 27 July 8, 10, 11, 15, 17, 18, 22, 24, 25 from 8-10 AM @ High School

August: 1, 2, 5th-9th from 8 to 10 AM @ Middle School

**Location:** High School until August then will practice at Middle School

**Equipment needed:** Practice pants with pads, cleats, mouth piece

***\*\*\*Cuts may be made***

### **Boys Soccer**

**Coach:** Keith Kneisel (kkneisel@ghbulldogs.org)

**Start dates:** August 1st and 2nd at 2:30 to 4:30 PM

**Location:** Middle School Soccer Field

**Equipment needed:** Cleats, shin guards, water bottle

***\*\*\*Cuts may be made***

### **Girls Soccer**

**Coach:** Rebecca Shotliff (rshotliff@ghbulldogs.org)

**Start date:** August 1st and 2nd at 2:30 to 4:30 PM

**Location:** Middle School Soccer Field

**Equipment needed:** Cleats, shin guards, water bottle

***\*\*\*Cuts may be made***

### **Girls Volleyball**

**Coaches:** Melissa Murphy and Emily Duhn (mmurphy@ghbulldogs.org) (eduhn@ghbulldogs.org)

**Pre-Tryout Workout:** Monday, August 5 at 9:00 - 11:00 AM

**Tryouts:** Tuesday, August 6 and Wednesday, August 7 at 8:30 - 11:00 AM

**Location:** Middle School Gym

**Equipment needed:** tennis/athletic shoes, athletic wear, water bottle

**\*\*\*Cuts may be made**

### **Girls Cheerleading**

**Coach:** April Kossman (akossman@ghbulldogs.org)

**Practice:** TBA

**Location:** Middle School

**Equipment needed:** Athletic clothing and shoes for practice

Any questions or comments can be directed to Jana Jenkins at [jjenkins@ghbulldogs.org](mailto:jjenkins@ghbulldogs.org)