

GROSSE POINTE SOUTH ATHLETICS

I. Individual Team Start-up Information For Spring 2019:

**All sports are cut-sports unless otherwise indicated*

***Crew:** Coaches Dick Bell bellr@macomb.edu & Mike Gentile mikedgentile@gmail.com
Preseason conditioning January to April at the boathouse on Belle Isle. Direction and map available on www.detroitboatclubcrew.com. Weekday practices 4:30 -6:30 p.m. and Saturday 7-9:00 a.m.
On the water in racing boats after the ice clears.

Baseball: Varsity Coach: Dan Griesbaum griesbd@gpschools.org

JV Coach: Dennis Clow dclow@wowway.com

Freshman Coaches: Tony Braun rlb@millerlawpc.com

Conditioning March 4-7, girls' gym (outside weather permitting, dress accordingly), Freshman & JV 3:30-4:30, V 4:30-5:30

March 11 tryouts begin Freshman & Varsity 3:30-5:30pm main & girls gyms

JV 4-6pm Lakeside Baseball Club, 3538 Cadieux

Full tryout schedule on gpsouthbaseball.com

Boys' Golf: Coach: Robert McIntyre mcintyr@gpschools.org

Tryouts are weather dependent and will be on school announcements.

Boys' Lacrosse: Varsity & JV Coach: Justin MackSoud justinmacksoud@gmail.com

Varsity B Coach: Pat Kuchta patkuchta94@gmail.com

Tryouts: Monday 3/11: 7:30-9:30 Main & Girls Gym

Tuesday 3/12: 7:30-9:30 Boll Gym

Wednesday 3/13: 7:30-9:30 Main & Girls Gym

Girls' Lacrosse: Varsity Coach: Alysa Valentine sgirlslax@gmail.com

Tryout information meeting: Wednesday, February 13 in the Student Commons 7:00PM

Conditioning: March 4-8 pm Boll Gym 5:00-7:00PM

Tryouts start March 11, Boll gym: Fr, Soph, returning JV 7:30-8:30PM and Jr, Sr, returning Varsity 8:30-9:30PM

Sail: Coach James Cooper cooperj@gpschools.org

March 18, GPYC 3:45pm for boat assembly.

March 19-20 at 3:45-6:45PM, tryouts.

Must have proper gear for spring season including a dry suit.

Grosse Pointe Yacht Club

Girls' Soccer: Coach: Chris Bolio chris.bolio@nationalsoccer.com

JV Coach: Joe Pratico ilovit@fivolipromotions.com

Tryouts at Total Soccer, 34300 Utica Rd., Fraser

March 11 – 7:45-9:15pm(field 3), March 12 -5-7:00pm (field 2), March 13 – 5:30-7:30pm(field 1)

Softball: Varsity Coach: Bill Fleming sanflem1@sbcglobal.net

JV Coach: Carley Reno ckreno3@gmail.com

spring conditioning is strongly encouraged:

Conditioning: March 4-7, 7:30-8:30PM girls gym

First day of tryouts: March 11, 5:30-7:30PM in the main gym/girls gym

Girls' Tennis: Varsity Coach: Mark Sobieralski msobes@aol.com

JV Coach: Paula Cornwall cornwalls7132@att.net

February 13 preseason meeting, 3:10pm in the Student Commons

Tryout dates/location TBD based on weather and availability. Will be on school announcements.

***Boys' Track:** Coach: Mark Sonnenberg sonnenm@gpschools.org

Conditioning: March 4-6, Girls' Gym, 5:30-7:30pm March 7 3:30-5:30 pm Boll gym

March 8 3:30-5:30 pm girls gym

First practice week: March 11, 5:30pm, Boll Gym, dress for outdoors

Weekday practices starting March 18, 3:30-5:30

***Girls' Track:** Coach Steve Zaranek zaranes@gpschools.org

Conditioning starts March 4-8, Boll Gym 3:30-5:00 (dress for outdoors).

First official practice is March 11, 3:30-5:30 Boll Gym (dress for outdoors).

Weekday practices during the season will be from 3:30 - 5:00.

II. Sport Physicals: Students must have a completed MHSAA Medical History form and emergency (gold) card prior to try-outs (available in the athletic office & counseling office). Bring the completed medical

history form and gold card to South Athletics for approval before tryouts. The medical history form has a portion to be completed by a physician at a sport physical on or after April 15, 2018 to be current for the school year. **Please make sure to have the physician sign and date the card.** The medical history form will remain on file in the athletic office and the gold card will be stamped and returned to the athlete to be given to the coach the first day of tryouts.

Sport Physicals are offered at:

Shores Urgent Care, \$30 sport physical, 25631 Little Mack Ste. 104 (N of 10 Mile), 586-884-2727, open 7 days from 8AM-9PM

Grosse Pointe Urgent Care \$20 (ASK for the \$20 sport physical), located at 20311 Mack Ave (corner of Lochmoor in G.P. Woods), 313-499-6000, open 7 days from 8AM-10PM.

CVS minute clinic \$59 M-F 8:30AM-7:30PM, Sat 9AM-5:30PM, Sun 10AM-5:30PM

Henry Ford walk-in clinic \$26 sport physical, 159 Kercheval Ave, GP Farms, 313-640-2175 M-F 8AM-8PM, S/S & holidays 10AM-2PM

MedPost Urgent Care \$25 sport physical, 20599 Mack Ave, GP Woods 313-264-0270

YOU MUST HAVE A PHYSICAL ON FILE TO TRY-OUT OR PARTICIPATE IN SOUTH SPORTS

III. Sports offered at Grosse Pointe South High School :

**All sports are cut-sports unless otherwise indicated*

<u>Fall</u>		<u>Winter</u>		<u>Spring</u>	
Boys	Girls	Boys	Girls	Boys	Girls
*Cross Country	Sideline Cheer	Basketball	Basketball	Baseball	*Crew
Football	*Cross Country	Ice Hockey	Competitive Cheer	*Crew	Lacrosse
Soccer	Dance	Swim/Dive	Gymnastics	Golf	Sailing
Tennis	Field Hockey	Wrestling	Ice Hockey	Lacrosse	Soccer
	Golf		Synchro Swim	Sailing	Softball
	Swim/Dive		Figure Skating	*Track	Tennis
	Volleyball				*Track

IV. Participation Fee: There is a \$220.00 student athlete fee *per sport with a family cap of \$880 per year.* (*For those that qualify for free or reduced lunch please see the **FamilyID sport registration website for discounted fees.***) This fee helps to cover the costs of transportation, supplies, tournament fees and a number of other expenses that are no longer covered in the school district budget. This payment is done online through the FamilyID sport registration once the student has been selected for a team.

The link for the FamilyID sport registration is available on the South athletic website

www.gpsouthathletics.com or go directly to the FamilyID sport registration site

<https://www.familyid.com/organizations/grosse-pointe-south-high-school>

The registration and fee should be completed by the end of the first week after tryouts or before the first contest, whichever comes first. A student athlete will not be eligible to compete in athletic contests until the registration is complete and fee paid.

V. Booster Club and Season Passes for students: Athletic passes for students can be purchased in the athletic office or on student registration for \$60 which are valid for all home sporting events (not playoff games). Parents are encouraged to join the Coaches Club where they will receive a family pass for all events and other perks for \$225 (www.gpsathleticboosters.com).

VI. Athletic Office contact:

Athletic Office number: 313-432-3542

VII. Athletic web-site: www.gpsouthathletics.com

Items included:

- Link to highschoolsports.net – most up-to-date schedules & directions to events
- Important athletic dates, parent meetings etc...
- coach's contact information
- Athletic Code of Conduct