

FCHS Winter Sports Information
2009/2010

Girls Basketball

Coach: Kyle Tregoning ktregoni@psdschools.org 488-8162
Official Practice: Begins November 9, 2009, FCHS Gym
Tryouts: Begin November 9, 2009 3:15-5:15pm

Boys Basketball

Coach: Monty Alcaraz malcaraz@psdschools.org 488-8037
Fall Basketball: Monday-Thursday (except on home Volleyball days 5:30pm – 7pm)
Official Practice: Begins November 9, 2009, FCHS Gym
Tryouts: Begin November 9, 2009 5:15pm- 7:15pm
First Cuts: November 13, 2009
Information on the FCHS website/BBB

Girls Swimming

Coach: Betsy Rogers erogers5474@comcast.net 980-9180
Meeting: Informational meeting for Swimmers and Parents
October 20, 2009 – 7pm FCHS, Commons
Official Practice: Begins November 12, 2009

Wrestling

Coach: Glen Werth werthwhile5@aol.com
Off Season Practice: Tuesday & Thursday 6pm – 7:30pm Gym3
Meeting: November 3, 2009 7pm, FCHS
Official Practice: Begins November 12, 2009

*All Athletes need a Permit to practice card (White Card) from the athletic office PRIOR to Practice.
You need a current Physical card, Eligibility form, Orthopedic Form completed and the fee to receive your White Card.
If you participated in a fall sport, your physical is current; the only form required is the Eligibility form.*

All Forms are available on line or the Athletic office at FCHS
Fee: \$85.00 per sport
Family Maximum \$255.00 per family
Charter/ Home school / out of district athletes \$127.00 per sport - No family Max.

FCHS Girls Basketball
Open Gym Schedule
Fall 2009

October

Thurs. 10/15 – 3:00pm-4:30pm

Tues. 10/20 – 3:00pm-4:30pm

Wed. 10/21 – 5:30pm-7:00pm

Tues. 10/27 – 4:30pm-6:00pm

Wed. 10/28 – 3:00pm-4:30pm

November

Mon. 11/2 – 3:00pm-4:30pm

Tues. 11/3 – 3:00pm-4:30pm

Wed. 11/4 – 3:00pm-4:30pm