

FALL Sports Information

Sport	Level	Start Date Time	Location	Coach Contact	Notes
Boys Soccer	Varsity (Grades 9-12)	Monday 8/22 6:30-8:30am	Elem School Field	byrnest@hlcs.org	Must bring cleats, shin guards, and plenty of water. <i>Coach Byrnes</i>
	Modified (Grades 7-8)	Wed 9/7 (1 st day of School) 3:30pm	Elem School Field	skiffg@hlcs.org	Must bring cleats, shin guards, and plenty of water. <i>Coach Skiff</i>
Cross Country	Varsity (Grades 9-12)	Monday 8/22 9:00am	Elem School	brownti@hlcs.org 518-232-4576	Must bring plenty of water. <i>Coach Brown</i>
	Modified (Grades 7-8)	Mon 8/29 3:30pm	Elem School	conwayj@hlcs.org 518-321-7421	Must bring plenty of water. <i>Coach Conway</i>
Football	Varsity/JV (Grades 9-12)	Saturday 8/20 9:00am	Corinth High School	jellis18813@roadrunner.com Cruqqiero2010@gmail.com	Bus will leave HL High School at 7:55am, Equipment will be handed out Sat 8/20. <i>Coach Ellis (Varsity), Coach Ruggiero (Modified) Coach Bowe (Varsity)</i>
	Modified (Grades 7-8)	Mon 8/29 9:00am	Corinth High School	boweb@corinthcsd.org (518-926-9169)	
Girls Soccer	Varsity (Grades 9-12)	Monday 8/22 6:30-8:30am	Elem School Field	elent@aimservicesinc.org 518-742-6664	Must bring cleats, shin guards, and plenty of water. <i>Coach Lent</i>
	Modified (Grades 7-8)	Wed 9/7 (1 st day of School) 3:30pm	Elem School Field	<i>Coach Trombley</i> 518-858-7228	Must bring cleats, shin guards, and plenty of water. <i>Coach Trombley</i>
Golf	Varsity (Grades -12)	Monday 8/22 8:00am	Bend of the River Golf Course	connellyj@hlcs.org 518-331-8482	Must bring plenty of water and golf clubs. <i>Coach Connelly</i>
	Modified (Grades 7-8)	Wed 9/7 (1 st day of School) 3:30pm	Bend of the River	haynesg@hlcs.org	Must bring water and golf clubs. <i>Coach Haynes</i>
Volleyball	Varsity/JV (Grades 9-12)	Monday 8/22 7:30-9am	High School Gym	saheimk@hlcs.org gordons@hlcs.org	Selections will be made after tryouts on August 24 . Athletes will need appropriate practice attire. <i>Coach Saheim (Varsity), Coach Gordon (JV), Coach Szelest (Modified)</i>
	Modified (Grades 7-8)	Wed 9/7 (1 st day of School) 3:30pm	High School Gym	szeleste@hlcs.org	

*If you are in need of any of the required gear, please contact the coach or Mr. Wilson

(wilsong@hlcs.org) **BEFORE** your first practice*