

# Hastings High School & Middle School 2019 Fall Sports 1st Practice INFO!

**All athletes must have a completed physical on file  
in the school office in order to practice.**

Physical forms are available in the HS office, MS office and the Administration office.

## **First day of practice INFO:**

### **Varsity Football - Monday August 12<sup>th</sup>**

Field house opens at 7:30am: Practice is 7:45am.-10:00am, and 11:30am to 2:15pm. Meet at Field house (next to HS Tennis Courts)

Coach: Jamie Murphy [jmurphy@hassk12.org](mailto:jmurphy@hassk12.org) or 269 804-2739

### **JV & Freshman Football – Monday August 12<sup>th</sup>**

Practice: 8:00am.-11:00am. Meet at Field house (next to HS Tennis Courts).

### **Volleyball - Wednesday August 14<sup>th</sup>**

Varsity, JV, Freshman Tryouts - 5:30pm to 8:00pm.

Coach: Scott Zull 269 967-3574

### **Girls Swim - Tuesday August 13<sup>th</sup>**

All night team night! 8:00pm – to early morning of Aug. 14<sup>th</sup>.

Wednesday August 14<sup>th</sup>, Practice 3:00-5:30pm CERC Pool

Open to Hastings, Middleville –Thornapple Kellogg and Delton Kellogg girls.

Coach: Carl Schoessel 269 838-8407

### **Boys Varsity and JV Soccer – Monday, August 12<sup>th</sup>**

JV and Varsity Tryouts 3:15 to 5:15 on Pierce Field (behind the HS)

Coach: Tim Schoessel 269 838-0700,

**Boys Tennis – Monday, August 12<sup>th</sup>**

Practice 9am-11am at the HS Tennis Courts.

Coach: Krista Schueller 716 417-2671

**Cross Country - Monday, August 12<sup>th</sup>**

10am-12am. Meet near the Main entrance of the Football Stadium.

Coach: Steve Collins 269 804-7156

**Girls Golf – Monday, August 12<sup>th</sup>**

Practice 9:00 – 11:30am at the Legacy Golf Course (formerly Hastings Country Club).

Coach: Kristen Laubaugh 269 320-3248

**Sideline Cheer – Monday, August 12<sup>th</sup>**

Sideline Cheer tryouts have already taken place but the teams are still in need of a few more members. Practice begins 5-7pm Aug 12<sup>th</sup> at the HS Aux gym.

Coach: Lindsey Jacinto 269 838-2150

**MS 7<sup>th</sup> and 8<sup>th</sup> Girls Volleyball**

**MS 6<sup>th</sup> , 7<sup>th</sup> , 8<sup>th</sup> boys and girls Cross Country:**

Sign up is Aug 26<sup>th</sup> and 27<sup>th</sup>, Practices begin Aug 28<sup>th</sup>

MS Students MUST have a Physical on file to start practice!

3:15pm – 5:15pm.– 948-4409

Athletic Director-Mike Goggins 269 838-5010 or 948-4409