



GROSSE POINTE SOUTH ATHLETICS



I. Individual Team Start-up Information For Spring 2018:

Crew: Coach Dick Bell bellr@macomb.edu

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 dan.griesbaum@gpschools.org

JV Coach: Dennis Clow dclow@wowway.com

Freshman Coaches: Tony Braun rlb@millerlawpc.com & **Doug Jenzen** djenzen@ameritech.net

Conditioning March 5-9, girls' gym (outside weather permitting, dress accordingly), Freshman & JV 3:30-4:30, V 4:30-5:30

March 12 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 robert.mcintyre@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 3/12: 5:30-7:30 Main & Girls Gym

Tuesday 3/13: 8:00-9:30 Boll Gym

Wednesday 3/14: 6:30-8:00 Boll Gym

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

JV Coach: TBD

Tryout information meeting: Thursday February 8th Student Commons 7:00PM

Conditioning: March 5, 7, & 9 Field Gym 7:00-9:00PM / March 6 & 8, Field Gym 5:00-7:00PM

Tryouts start March 12, field gym: Fr, Soph, returning JV 7:30-8:30PM and Jr, Sr, returning Varsity 8:30-9:30PM / March 13 6:30-8PM / March 14 8-9:30PM

Sail: Coach James Cooper cooperj@gpschools.org

March 11, GPYC 1130am for boat rigging.

March 12, 13, 14 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@tivolipromotions.com

Tryouts at Total Soccer, 34300 Utica Rd., Fraser

March 12 – 7:00-9:15pm(field 3), March 13 -5-7:00pm (field 1), March 14 – 6:30-8:30pm(field 2)

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

JV Coach: Carley Reno ckreno3@gmail.com

spring conditioning is strongly encouraged:

Conditioning: March 5-8, 7:30-8:30PM girls gym

First day of tryouts: March 12, 7:30-9:30PM in the main gym

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

JV Coach: Paula Cornwall cornwalls7132@att.net

February 14 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 5-8, Girls' Gym, 5:30-7:30pm

First practice week: March 12-16, 5:30pm, Boll Field Gym, dress for outdoors

Weekday practices starting March 19, 3:30-5:30

Girls' Track: Coach Steve Zaranek stephen.zaranek@gpschools.org

Conditioning starts March 5, Field Gym 3:30-5:00-dress for outdoors

First official practice is March 12, 3:30-5:00 Field 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 & in the 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, 2017 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

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

TO TRY-OUT OR PARTICIPATE IN SOUTH SPORTS ****

III. Sports offered at Grosse Pointe South :

FALL		WINTER		SPRING	
Boys	Girls	Boys	Girls	Boys	Girls
Cross Country	Sideline Cheer	Basketball	Basketball	Baseball	Crew
Football	Cross Country	Hockey	Competitive Cheer	Crew	Lacrosse
Soccer	Field Hockey	Swim/Dive	Gymnastics	Golf	Sailing
Tennis	Golf	Wrestling	Hockey	Lacrosse	Soccer
	Swim/Dive		Synchro. Swim	Sailing	Softball
	Volleyball		Figure Skating	Track	Tennis
					Track

IV. Participation Fee: There is a \$220.00 student athlete fee *per sport with a family cap of \$880.*

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. The payment will be paid online through the 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 <http://gpschools.schoolwires.net/southathletics> 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. A student athlete will not be eligible to compete in athletic contests until the fee has been received.

Financial assistance is available to those with significant financial need. For those that qualify for free or reduced lunch please see the sport registration website for discounted fees.

V. Booster Club and Season Passes for students: Athletic passes for students can be purchased in the athletic office 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: <http://gpschools.schoolwires.net/southathletics>

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