



SPORTS INFORMATION

Athletic Director:	Donna Bender Moir	502-893-9353	dmoir@shslou.org
Assistant Athletic Director:	Mackenzie Moir	502-893-9353	mamoir@shslou.org
Assistant to Athletics:	Meredith Ashy	502-893-9353	mashy@shslou.org

Archery: Head Coach: Gary Barmore barmore.archery@gmail.com
➤ Varsity Team @valkyriearchery
➤ Team fields around 24 athletes @valkyriearchers
➤ Tryouts can begin October 1st; Varsity Season Ends in April

Basketball: Head Coach: Donna Bender Moir dmoir@shslou.org
➤ Varsity, JV, and Freshman Teams @valkyriesbball
➤ Each team fields around 10-15 athletes
➤ Tryouts can begin October 15th; Varsity season ends in March

Bowling: Head Coach: Barb Schwiemann sofficesolutions@aol.com
➤ Varsity Team
➤ Team fields around 12-15 athletes
➤ Tryouts can begin October 1st; Varsity season ends in March

Cheerleading: Contact Jake Hodge gymtymejake@gmail.com
➤ Varsity Team @shavalkyriescheer
➤ Team fields around 30-40 athletes
➤ Tryouts are held in April; Varsity Season Ends in February

Cross Country: Head Coach: Rick Heim rheim@shslou.org
➤ Varsity and JV Teams (No Cut Sport) @valkyriecrosscountry
➤ Season begins July 15th; Optional Summer Practice Begins in June
➤ Varsity season ends in November

Dance: Head Coach: Lee Eaves Mitchell leeaves@gmail.com
➤ Varsity Team @shadanceteam
➤ Team fields around 12-18 athletes
➤ Tryouts are held in April; Varsity Season Ends in February

ESPORTS: Head Coach: Leighann Pusateri lpusateri@shslou.org
➤ Varsity Team
➤ Team fields around 12-18
➤ Winter and Spring Seasons

Field Hockey: Head Coach: Eleanor Cowley Mitchell emitchell@shslou.org
➤ Varsity, JV, and Freshman Teams @valkyriefieldhockey
➤ Each team fields around 24 athletes
➤ Tryouts can begin July 15th; Varsity season ends in late October

Golf: Head Coach: Mackenzie Moir mamoir@shslou.org
➤ Varsity Team @valkyriegolf
➤ Teams fields around 12-15 athletes
➤ Tryouts can begin July 15th; Varsity season ends in early October

Lacrosse:	Head Coach: Dennis Truman ➤ Varsity, JV and Freshman Teams ➤ Each team fields around 25 athletes ➤ Tryouts can begin February 15 th ; Varsity season ends in May	dtruman@shslou.org @valkyrielax
Soccer:	Head Coach: Christian Lauria ➤ Varsity and JV Teams ➤ Each team fields around 24 athletes ➤ Tryouts can begin July 15 th ; Varsity season ends in early November	clauria@shslou.org @valkyriessoccer @valkyriesoccer
Softball:	Head Coach: Bob Wheatley ➤ Varsity Team ➤ Team fields around 15-20 athletes ➤ Tryouts can begin February 15 th ; Varsity season ends in June	bwheatley@shslou.org @valkyriesball @shasoftball
Swimming & Diving:	Head Coach: Jim Luebbe ➤ Varsity Team (No Cut Sport) ➤ Season begins October 1 st ➤ Season ends in February	jluebbe@shslou.org @valkyrieswimanddive @shaswimteam
Tennis:	Head Coach: Whitney Collins Thompson ➤ Varsity and JV Teams ➤ Each team fields around 12-15 athletes ➤ Tryouts can begin February 15 th ; Varsity season ends in early June	collinswk@hotmail.com @tennisvalkyries @valkyrietennis
Track and Field:	Head Coach: Rick Heim ➤ Varsity Team (No Cut Sport) ➤ Season begins December 1 st ➤ Varsity season ends the 1 st week of June	rheim@shslou.org
Volleyball:	Head Coach: Brett Versen ➤ Varsity, JV, and Freshman Teams ➤ Each team fields around 12-15 athletes ➤ Tryouts can begin July 15 th ; Varsity season ends in early November	bversen@shslou.org @valkyrievolleyball @valkyrievball

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Contact information for each sports head coach is listed above. Contact Athletic Director Donna Moir (dmoir@shslou.org; 502-893-9353) or Mackenzie Moir (mamoir@shslou.org; 502-893-9353) with any further questions.

Physicals need to be turned in to the athletic office before the first day of tryouts. You must have a physical on file before you try out for any sport. The physical must be on the appropriate form, which you can find online at www.khsaa.org. Click on "KHSAA Forms" at the bottom left of the home page.

After clicking on "KHSAA Forms" you will be directed to the next page. Select "General Administrative Forms (Physical, Transfer, Contract)". Select "GE04- Combined Parent Permission and Athletic Physical Forms (High School)". The physical document is a four-page document that needs to be completed and turned in. This is a Kentucky High School bylaw. NO EXCEPTIONS MADE.

Everyone needs to attend tryouts on the selected dates. The dates are established well in advance to afford all players time to make proper arrangements to attend and to insure a fair plan for all who tryout. Sacred Heart sports are a priority and a commitment, which begins the first day of tryouts. **In order to tryout for any fall sport, your school tuition deposit must be paid in full.**

Fall Sports Beginning July 15th - Cross Country*, Field Hockey*, Golf*, Soccer*, Volleyball*

Winter Sports Beginning October 1st- Archery*, Bowling*, Swimming and Diving*

Winter Sports Beginning October 15th - Basketball*

Spring Sports Beginning December 1st- Track and Field*

Spring Sports Beginning February 15th - Lacrosse, Softball*, Tennis*

April- Cheerleading*, Dance*

Other- Pink and White Football (Seniors Only), ESPORTS*

***KHSAA Sanctioned Sports**

High School Dead Period- All High School sports have a dead period from June 25th – July 9th. According to KHSAA Bylaw 26, no coach (head, assistant, paid, unpaid or volunteer) can have any contact with any student that has played on his or her freshman, JV, or varsity teams during the two-week dead period. There is no KHSAA dead period restriction in force on a parent and their own child.