

OLMSTED FALLS HIGH SCHOOL

ATHLETIC OPPORTUNITIES

2018 - 2019

For more detailed athletic information, please visit us at:
www.olmstedfallsathletics.net

FALL SPORTS

CHEERLEADING

Head Coach	Danielle Chaffin
Contact Information	ofhscheerleading@gmail.com
Twitter	@OFHSCheer
Tryouts	Yes – April
Levels of Participation	Varsity, Junior Varsity, Freshmen

FOOTBALL

Head Coach	Tom DeLuca
Contact Information	tdeluca@ofcs.net
Twitter	@OFFootball1
Pre-season Conditioning Begins	January
Football Camp	June & July
Practice Begins	August 1, 2018
Season Ends	November
Try outs	No
Levels of Competition	Varsity, Junior Varsity, Freshmen

GIRLS CROSS COUNTRY

Head Coach	Jeff Kho
Contact Information	jkho@ofcs.net
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2018
Season Ends	First Week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

BOYS CROSS COUNTRY

Head Coach	Jeff Kho
Contact Information	jkho@ofcs.net
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2018
Season Ends	First week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

BOYS SOCCER

Head Coach
Contact Information
Twitter
Camp
Pre-Season Conditioning Begins
Practice Begins
Season Ends
Try Outs
Levels of Competition

James Walchanowicz
ofhssoccer@sbcglobal.net
@OFHSSoccer
July
Winter
August 1, 2018
November
Yes
Varsity, Junior Varsity

GIRLS SOCCER

Head Coach
Contact Information
Twitter
Camp
Pre Season Conditioning Begins
Practice Begins
Season Ends
Try Outs
Levels of Competition

Matt Safar
mattsafar@gmail.com
@OFHSGirlsSoccer
July
Spring
August 1, 2018
November
Yes
Varsity, Junior Varsity

GIRLS TENNIS

Head Coach
Contact Information
Pre Season Conditioning Begins
Practice Begins
Season Ends
Try Outs
Levels of Competition

Laura Graham
lgktennis@aol.com
June
August 1, 2018
October
Yes
Varsity, Junior Varsity

BOYS GOLF

Head Coach
Contact Information
Pre-Season Conditioning Begins
Practice Begins
Season Ends
Try Outs
Levels of Competition

John Holzworth
jholzworth@ofcs.net
June
August 1, 2018
October
Yes
Varsity, Junior Varsity

GIRLS GOLF

Head Coach
Contact Information
Pre-Season Conditioning Begins
Practice Begins
Season Ends
Try Outs
Levels of Competition

Emily Nagle
enagle@ofcs.net
June
August 1, 2018
October
Yes
Varsity

VOLLEYBALL

Head Coach	Brigid Radigan
Contact Information	bradigan@ofcs.net
Twitter	@ofvolleyball
Pre-Season Conditioning Begins	June - July
Camp	Late July
Practice Begins	August 1, 2018
Season Ends	November
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

WINTER SPORTS

WRESTLING

Head Coach	Bryce Burkhard
Contact Information	bburkhard@ofcs.net
Twitter	@OFWrestling1
Pre-Season Conditioning Begins	October
Practice Begins	November 9, 2018
Season Ends	March
Try Outs	No
Levels of Competition	Varsity, Junior Varsity, Freshmen
Summer Camps	June and July

GIRLS BASKETBALL

Head Coach	Jordan Eaton
Contact Information	jeaton@ofcs.net
Twitter	@fallsgirlshoops
Pre-Season Conditioning Begins	October
Practice Begins	October 26, 2018
Season Ends	Early March
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

BOYS BASKETBALL

Head Coach	Chris DeLisio
Contact Information	cdelisio@ofcs.net
Twitter	@ofbasketball
Pre-Season Conditioning Begins	October
Practice Begins	November 2, 2018
Season Ends	March
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

GYMNASTICS – * Must have a **minimum** of 4 members to have a team.

Head Coach	Allison Fenik
Contact Information	10point0@gmail.com
Twitter	@OFHSGymnastics
Practice Begins	November 2, 2018
Season Ends	March
Tryouts	No
Levels of Competition	Varsity

BOYS ICE HOCKEY

Head Coach	Robert “Zack” Walczak
Contact Information	rwalczak@ofcs.net
Website	http://olmstedfallshockey.com/
Twitter	@OFHS_Hockey
Pre-Season Conditioning Begins	June
Practice Begins	November 2, 2018
Season Ends	February
Tryouts	No
Levels of Competition	Varsity

SWIMMING - BOYS AND GIRLS

Head Coach	Daniel Lisy
Contact Information	dlisy@ofcs.net
Twitter	@OFHS_swimanddive
Practice Begins	November 2, 2018
Season Ends	March
Tryouts	No
Levels of Competition	Varsity, Junior Varsity

BOWLING

Head Coach	Chad Kuchenmeister
Contact Information	ckuchenmeister@ofcs.net
Twitter	@OFallsBowling
Practice Begins	November 3, 2018
Season Ends	March
Tryouts	Yes
Levels of Competition	Varsity, Junior Varsity

SPRING SPORTS - 2019

GIRLS TRACK

Head Coach	John Novotny
Contact Information	jnovotny@ofcs.net
Twitter	@OFHS_track
Pre-Season Conditioning Begins	January
Practice Begins	March 4, 2019
Season Ends	May
Try Outs	No
Levels of Competition	Varsity, Junior Varsity

BOYS TRACK

Head Coach	John Novotny
Contact Information	jnovotny@ofcs.net
Twitter	@OFHS_track
Pre Season Conditioning Begins	January
Practice Begins	March 5, 2019
Season Ends	May
Try Outs	No
Levels of Competition	Varsity, Junior Varsity

FASTPITCH SOFTBALL

Head Coach	Katrina Muzingo
Contact Information	kmuzingo@ofcs.net
Twitter	@ofsoftball
Pre-Season Conditioning Begins	January
Practice Begins	February 19, 2019
Season Ends	June
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

BOYS TENNIS

Head Coach	Laura Graham
Contact Information	lgktennis@aol.com
Pre-Season Conditioning Begins	March
Practice Begins	March 5, 2019
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

BASEBALL

Head Coach	Todd Urban
Contact Information	turban@ofcs.net
Twitter	@ofbaseball
Pre-Season Conditioning Begins	January
Practice Begins	February 18, 2019
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

GIRLS LACROSSE

Head Coach	TBD
Contact Information	balfourj@sbcglobal.net
Twitter	@OF_Girls_Lax
Pre-Season Conditioning Begins	January
Practice Begins	February 18, 2019
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity & Junior Varsity

BOYS LACROSSE

Head Coach

Contact Information

Pre-Season Conditioning Begins

Practice Begins

Season Ends

Try Outs

Levels of Competition

Trent McKinstry

tmckinstry@ofcs.net

January

February 18, 2019

May

Yes

Varsity & Junior Varsity

01/25/2018