

OLMSTED FALLS HIGH SCHOOL ATHLETIC OPPORTUNITIES 2019 - 2020

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

FALL SPORTS - 2019

CHEERLEADING

Head Coach	Ginny Shroka
Contact Information	ofhscheerleading@gmail.com
Twitter	@OFHSCheer
Tryouts	Yes – March/April - TBD
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, 2019
Season Ends	November
Try outs	No
Levels of Competition	Varsity, Junior Varsity, Freshmen

GIRLS CROSS COUNTRY

Head Coach	Rae Alexander
Contact Information	ralexander@ofcs.net
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2019
Season Ends	First Week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

BOYS CROSS COUNTRY

Head Coach	Hunter Heaton
Contact Information	hheaton@ofcs.net
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2019
Season Ends	First week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

BOYS SOCCER

Head Coach	Dan Zillich
Contact Information	dzillich@ofcs.net
Twitter	@OFHSSoccer
Camp	July
Pre-Season Conditioning Begins	Winter
Practice Begins	August 1, 2019
Season Ends	November
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

GIRLS SOCCER

Head Coach	Walter Schlothauer
Contact Information	wschlothauer@ofcs.net
Twitter	@OFHSGirlsSoccer
Camp	July
Pre Season Conditioning Begins	Winter
Practice Begins	August 1, 2019
Season Ends	November
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

GIRLS TENNIS

Head Coach	Laura Graham
Contact Information	lgktennis@aol.com
Pre Season Conditioning Begins	June
Practice Begins	August 1, 2019
Season Ends	October
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

BOYS GOLF

Head Coach	John Holzworth
Contact Information	jholzworth@ofcs.net
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2019
Season Ends	October
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

GIRLS GOLF

Head Coach	Emily Nagle
Contact Information	enagle@ofcs.net
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2019
Season Ends	October
Try Outs	Yes
Levels of Competition	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, 2019
Season Ends	November
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

WINTER SPORTS - 2019 - 2020

WRESTLING

Head Coach	Bryce Burkhard
Contact Information	bburkhard@ofcs.net
Twitter	@OFWrestling1
Pre-Season Conditioning Begins	October
Practice Begins	November 15, 2019
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 25, 2019
Season Ends	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 1, 2019
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 1, 2019
Season Ends	March
Tryouts	No
Levels of Competition	Varsity

BOYS ICE HOCKEY

Head Coach	Carl Wagner
Contact Information	Cwagner@ofcs.net
Website	http://olmstedfallshockey.com/
Twitter	@OFHS_Hockey
Pre-Season Conditioning Begins	June
Practice Begins	November 1, 2019
Season Ends	March
Tryouts	No
Levels of Competition	Varsity

SWIMMING - BOYS AND GIRLS

Head Coach	Richard Szczepinski
Contact Information	coachrich@slawoffice.com
Twitter	@OFHS_swimanddive
Practice Begins	November 1, 2019
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 1, 2019
Season Ends	March
Tryouts	Yes
Levels of Competition	Varsity, Junior Varsity

WINTER CHEERLEADING

Head Coach	Madison Mendeluk
Contact Information	ofhscheerleading@gmail.com
Twitter	@OFHSCheer
Tryouts	Yes - April
Levels of Participation	Varsity, Junior Varsity, Freshmen

SPRING SPORTS - 2020

GIRLS TRACK

Head Coach	John Novotny
Contact Information	jnovotny@ofcs.net
Twitter	@OFHS_track
Pre-Season Conditioning Begins	January
Practice Begins	March 9, 2020
Season Ends	June
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 9, 2020
Season Ends	June
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 24, 2020
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 9, 2020
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

BASEBALL

Head Coach	Todd Urban
Contact Information	turban@ofcs.net
Twitter	@ofallsbaseball
Pre-Season Conditioning Begins	January
Practice Begins	February 24, 2020
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

GIRLS LACROSSE

Head Coach	Deana Harb
Contact Information	dharb@ofcs.net
Twitter	@OF_Girls_Lax
Pre-Season Conditioning Begins	January
Practice Begins	February 24, 2020
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity & Junior Varsity

BOYS LACROSSE

Head Coach	Josh Piepenburg
Contact Information	jpiepenburg@ofcs.net
Twitter	@OlmstedFallsLAX
Pre-Season Conditioning Begins	January
Practice Begins	February 24, 2020
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity & Junior Varsity