**CENTRAL HIGH SCHOOL**

**ATHLETICS CATOLOG**

**Spirit Groups**

**Cheerleaders**

**Head Coach: Amy Barnette**

The Central Cheerleaders cheer for the Varsity and Junior Varsity Football teams and the Girls and Boys Varsity and Junior Varsity Basketball teams. Freshmen Cheerleaders cheer for Freshmen Football and Freshmen Girls and Boys Basketball teams. The squad is comprised of girls—grades 9-12. The organization is self-funded, with many opportunities for moneymaking activities. The cheerleaders compete in a Regional and State competition, as well as organized pep assemblies and provide support for the teams. Cheerleaders also attend a summer camp. It is a 12- month activity with a lot of time spent on activities for the school. Try-outs are usually held in the early spring, practice for the next school year begins after try-outs. Beginning the 2011-12 School Year, cheerleaders may choose to participate during the fall and winter seasons or just one season. Cost: All cheerleaders and/or parents are responsible for cost to camp, uniform payment and other expenses deemed necessary for the Squad. Eligibility: MSHSAA eligibility guidelines will be followed which requires a student to be enrolled in and passing 7out of 8 classes; also, the St. Joseph School District requires that you have a 2.0 GPA for the previous semester or a cumulative 2.0 GPA Citizenship: You must be a credible school citizen. Which means your conduct, both in and out of school, will not reflect discredit on yourself or your school. This applies to you both in and out of uniform, 12 months a year and 24 hours a day. Practices: All practices are mandatory.

**Pom Pon’s**

**Coach: Melissa Richie**

The Central Pom Pon’s is a dance and spirit group, which provides halftime entertainment at football and basketball games, as well as organizing and dancing at pep assemblies. It is a 12 month activity and other community performances and projects may be scheduled. Girls in grades 9-11 try out in the spring of the year for the following year’s squad. Poms also attend a summer camp. Camp costs are paid by each individual. Summer practices will vary, while those during the school year are held daily after school. The group is governed by the squad’s constitution and the rules of MSHSAA, which include basic athletic eligibility regulation. All expenses, including shoes, camp clothes, uniforms, etc. are paid for by the individual and/or by group fund-raisers. Poms are only allowed to participate in Spring Sports (soccer/track) due to the heavy time demands Eligibility: MSHSAA eligibility guidelines will be followed which requires a student to be enrolled in and passing 7 out of 8 classes; also, the St. Joseph School District requires that you have a 2.0 GPA for the previous semester or a cumulative 2.0 GPA

**Flags Sponsors**

**Krista Miller**

* Purpose: Adds to the visual dynamics of the CHS Marching Band.
* Grade Levels: Open to all 9th -12th grade students and must maintain a “2.0” GPA for the previous semester or a cumulative 2.0 GPA to tryout and participate.
* Must also enroll in 1st Hr. Band the 1st Semester.
* Cost: Varies to cover shoes and shirts
* Camps: Week in August
* Activities: Parades, half-time shows, assemblies, competitions and any other band functions Fundraisers: As needed

**Sports**

In order to participate in sports at Central High School, students must meet the requirements set forth by the Missouri State High School Athletic Association and our local School District Policy.

* One time $35 sport fee per school year to participate in any sport.
* Eligibility Requirements-Must pass 7 out of 8 classes each semester and have a 2.0 GPA at end of previous semester or a cumulative 2.0 GPA
* Good citizen in good standing
* Physical on file before starting practice
* Impact Concussion Screening before starting practice
* Activity Participation Rules form signed and on file Student Medical Card for Coaches

**Strength Training (Summer) Sponsors**

**Andy Ball and CHS Staff**

Weight Room-Monday through Thursday of each week! Grades 10-12: 6:30-8:30 AM Grade 9: 9:00-10:30 AM An asserted effort to attend 28 of 32 days to lift will greatly improve your athletic ability and enhance your chance of making the CHS Athletic Teams. You only need to attend one session daily! The program is open to all athletes from all sports, including cheerleaders and pom pon girls. Most importantly, this program will help reduce the potential for injuries!

**Running Skills (Summer) Sponsor**

**Bob Miller, Cross Country Coach**

The class will meet at 7:30 AM – 9:30 AM weekdays during the summer. The running skills we will work on are:

• speed, endurance, strength, and attitude.

• speed workouts like sets of 400m runs on the track or sets of 100m sprints

• distance/endurance workouts just running miles or extended times

• hill circuit workouts to build strength

• running games to promote a good attitude about running Wear good running shoes, socks, shorts, and t-shirts. Bring a sport drink for after the workout.

**Fall Sports**

**Cross Country Head Coach**

**Bob Miller**

• Open to grades 9-12

• Come to practice every day, tryouts are the 1st week of practice

• Athletes choose camps to attend at their own cost during summer

**Football Head Coach**

**Andy Ball**

Summer Activities – Check web-site for information--www.centralindianfootball.com

• Pre-Season practice begins 2nd Monday of August twice a day

• Once school begins-practice from 3:05 PM to 5:45 PM daily

• Camps-Youth Camp Offered in summer

\*See Newspaper or web-site for dates

Funding: District funded and some Booster Club funding; team has fundraiser for meals Additional Costs: T-shirts and shorts at the beginning of the season, 1 white and 1 navy; also shoes are needed. Misc. Info.: There are 10 coaches; therefore, athletes are given a great deal of individual attention. No Cuts! May attend team camps at athletes expense.

**Golf (Girls)**

**Head Coach Chip Brock**

* Open to grades 9-12
* How Selected-Tryouts for two weeks (TBA)—Moila Golf Course fee (TBA)
* Practice time required: Need to work all summer on your own and 2 ½ hours Monday through Friday during season excluding days of matches or tournaments.
* Camps: Camp and tournament information is available through the coach, cost will vary depending on camp or tournament.

**Soccer (Boys)**

**Head Coach: Kane Brooner**

• Open to grades 9-12

• How Selected: Tryouts

• Practice: 8 AM-12 PM the first week and 2 hours every day after school

• Additional Costs: $15 Uniform Fee

• Through the fundamentals of soccer, players work on those skills necessary to be successful in life with an emphasis on sportsmanship and character.

**Softball (Girls)**

**Head Coach: Matt Jansen**

• Open to grades 9-12

• How Selected-Tryouts begin 1 st day fall practices are allowed

• Practice after tryouts during the summer is from 8AM-12PM (4 hrs.) and during school it is from 3:00 PM- 5:30 PM (2 ½ hrs.)

• Additional Costs: shoes, socks, helmet (that matches the team)

• Camp: Offered during the summer

**Swimming (Boys)**

**Head Coach: Ashlan Brunfman**

* Open to grades 9-12
* How Selected: If numbers are over 35, then there will be time trials for the 50 freestyle.
* Practice for swimming is 3-5:30 PM Monday – Friday; 8:30-10 AM Saturday
* Additional Costs: ½ the cost of team swimsuits, caps and goggles.
* Fundraisers: There will be one mandatory fundraiser.
* Summer Recreational Swim Team STRONGLY ENCOURAGED
* St Joseph Swim Academy (USA Swimming club team) STRONGLY ENCOURAGED
* Timing at Home Swim Meets required

**Tennis (Girls)**

**Head Coach: Tabitha Ritter**

• Open to grades 9-12

• How Selected: Tryouts

• Practice beginning 1st allowable date---during the summer 3:00-5:30 PM, Monday-Friday after school starts, 3:00 – 5:00 PM, Monday-Friday

• Additional Costs: Team T-shirt and other optional tennis wear

**Volleyball**

**Head Coach: TBD**

* Open to grades 9-12
* See gocentralindians.com web-site or contact coach for details
* How Selected: Tryouts
* Practice beginning 1st allowable date (MSHSAA)

**Winter Sports**

**Basketball (Boys)**

**Head Coach: Cy Musser**

• Open to grades 9-12

• How Selected: Tryouts (TBA)

• Practice 2 hours each night either at 3:00-5:00 PM or 5:00-7:00 PM

• Camp: Team Shootouts in June

• CHS offers a camp in the summer for incoming 4th -8 th grades

• Cost: TBA

**Basketball (Girls)**

**Head Coach: Jared Boone**

• Open to grades 9-12

• How Selected: Tryouts (TBA)

• Practice 2 hours each night either at 3:00-5:00 PM or 5:00-7:00 PM

• Camps: Team camp in summer for CHS Athletes (cost varies)

• CHS offers a camp in the summer for students entering 4th -8th grades

• Cost: TBA

**Swimming (Girls)**

**Head Coach: Ashlan Brunfman**

* Open to grades 9-12
* How Selected: If numbers are over 35, then there will be time trials for the 50 freestyle.
* Practice for swimming is 3-5:30 PM Monday – Friday; 8:30-10 AM Saturday
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* Timing at Home Swim Meets required

**Wrestling**

**Head Coach: Brett Swope**

* Open to grades 9-12
* This is a program for highly motivated, tough young men & women.
* Practice runs from 3-5:30 PM daily. Must be willing to practice during Thanksgiving and Christmas Holidays
* Additional Costs: Must buy wrestling shoes.
* Funding Source: District funds and there will be 1 fundraiser each season.
* Camps: Encouraged to attend a college camp during the summer.
* Misc. Info.: Athletes are allowed 9 duals and 6 tournaments at all levels. Our athletes will average a minimum of 30 matches per season.

**Spring Sports**

**Baseball**

**Head Coach Brent Seifert**

* Open to grades 9-12
* How Selected: Freshmen tryout with freshmen, 10th -12th grades tryout together. Tryouts
* last about three days (More if necessary) and players are judged on fielding, hitting, throwing and running.
* Practices are 3-5:30 PM Monday –Friday and includes some Saturdays as well as spring break. Players are expected to be at all practices.
* Additional Costs: Glove, cleats, and other equipment if needed, including bat and batting gloves.
* Fundraiser (If necessary): Players sell items for extra equipment for all teams
* Camps: Optional (See Coach)

**Golf (Boys)**

**Head Coach: Chip Brock**

* Open to grades 9-12
* How Selected: Tryouts for two weeks (TBA)—Moila Golf Club Fee (TBA)
* Practice time required—2 ½ hours Monday through Friday during season excluding days of matches or tournaments--summer practice would be beneficial also.
* Camps: Camp and tournament information is available through the coach, cost will vary depending on camp or tournament.

**Soccer (Girls)**

**Head Coach: Kane Brooner**

• Open to grades 9-12

• How Selected: Tryouts (TBA)

• Practice 3:30-5:00 PM every day after school

• Additional Costs: $15 Uniform Fee

• Through the fundamentals of soccer, players work on those skills necessary to be successful in life with an emphasis on sportsmanship and character.

**Tennis (Boys)**

**Head Coach: Everet Hoffman**

* Open to grades 9-12
* How Selected: Tryouts if large numbers—seniors must make top 6 players
* Practices are 3-5:00 PM after school at the Noyes Tennis Complex
* Additional Costs: Individuals must provide their own tennis rackets and tennis shoes.
* The Central Tennis Team gives the opportunity for young men to compete against other Missouri high schools in competitive tennis. The tennis program offers both a varsity and junior varsity schedule. Most tennis matches consist of six single and three doubles matches at both the varsity and junior varsity level

**Track (Boys/Girls)**

**Boys Head Coach: Chris Chamberlain**

**Girls Head Coach: Charles Taylor**

• Open to grades 9-12

• No tryouts or cuts—must meet practice demands and team rules

• Practice 3-5:00 PM every day except days of meets—15 required practices before eligible to participate

• Possible fundraisers (TBA)