



**Chip Salvestrini**  
*Director of Athletics*

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### TRYOUT INFORMATION 2018-19

#### What forms do I need to try-out for a Danbury High School athletic team?

1. **A current physical.** Any student trying out for any sports team must have a physical on file in the nurse's office which is **current through the end of that season.** \*(see below.)

\*If your physical expires during the season, you will not be eligible to try out. Thus, anniversary dates are not valid. Having said this, it is strongly recommended that you get on a summer schedule getting a physical.

2. **FamilyID Online Registration:**

Online registration instructions: Log on to [www.danbury.k12.ct.us](http://www.danbury.k12.ct.us). Click on schools, choose Danbury High School. Once you are on the main page of DHS, see the links on the right side of the page, click the "Register Now" button. You will be prompted to create an account. After creating an account and agreeing to the terms of service, look for the link for your season and year and then choose your sport (section). You will be required to fill out the permission form, emergency medical form, concussion consent form, sudden cardiac arrest form, out of season conditioning form, and student handbook acknowledgement. Electronically enter all of your required information and sign.

**PLEASE REVIEW THE STUDENT ATHLETIC HANDBOOK ON LINE FOR OTHER INFORMATION.**

## **\*2018-19 Athletic Dates**

- Fall Season – Boys & Girls Cross Country – August 23 – November 10  
Boys & Girls Soccer – August 23 – November 17  
Field Hockey – August 23 – November 17  
Girls Swim Team – August 23 – November 17  
Girls Volleyball – August 23 – November 17  
Football – August 17 – December 8  
Varsity Cheerleading – August 23 – December 8
- Winter Season – Boys Basketball – November 29 – March 17  
Girls Basketball – November 26 – March 17  
Boys Ice Hockey – November 26 – March 16  
Girls Ice Hockey – November 19 – March 3  
Boys & Girls Indoor Track – November 29 – March 2  
Boys Swim Team – November 29 – March 16  
Wrestling – November 26 – March 2  
Ski Team – November 29 – March 2  
JV Cheerleading – November 13 – March 3  
V Cheerleading – November 29 – March 16
- Spring Season – Baseball – March 16\* – June 8  
\*(Pitchers & Catchers March 9)  
Softball – March 16 – June 8  
Boys & Girls Golf – March 16 – June 8  
Boys & Girls Lacrosse – March 16 – June 8  
Boys & Girls Tennis – March 16 – June 4  
Boys & Girls Outdoor Track – March 16 – June 12  
Boys Volleyball – March 16 – June 7

# Nurses Summer Hours 2018

## AUGUST

1. Friday August 17<sup>th</sup> – 10:00 am – 12:00 pm in the Gym lobby
2. Monday August 20<sup>th</sup> – 11:00 am – 1:00 pm – Nurses office
3. Tuesday August 21<sup>st</sup> – 11:00 am – 1:00 pm – Nurses office
4. Wednesday August 22<sup>nd</sup> – 11:00 am – 1:00 pm – Nurses office
5. Thursday August 23<sup>rd</sup> – 7:00 am – 12:00 pm – Gym lobby
6. Saturday August 25<sup>th</sup> – 7:00 am – 12:00 pm – Gym lobby

Students may also drop their physicals off to the nurse's office at anytime throughout the summer, when the building is open. They will be reviewed for compliance and placed on the Google spreadsheet that is available to all coaches. REMINDER FOR PARENTS: When you sign off on Family ID you are signing that you understand the physical examination requirements needed to participate as a student-athlete.

Thank you,

Megan Kilcourse RN BSN

Cathy Blair RN MSN

Linda Benicewicz

### Some options if you are unable to get into your own doctor for a physical:

Dr. Matt Hartsburg – 40 Lake Ave. Ext. 203-792-4476

Doctors Express Urgent Care – 2 Main Street, Danbury. 203-826-2140

Physician One Urgent Care – 31 Old Route 7, Brookfield. 203-885-0808

CVS Minute Clinic, Bethel, CT. -

<https://www.cvs.com/minuteclinic/clinics/Connecticut/Bethel/7-Durant-Avenue/1109/md>

## **FALL SPORTS 2018-19 TRY-OUT AND PRACTICE INFORMATION**

### **FOOTBALL –FRIDAY AUGUST 17<sup>TH</sup>:**

- Report at 2:00pm. Plan on practice from 2-8. Meet by the downstairs locker rooms in the gym wing.
- Head Coach – Augie Tieri – [coachtieri777@gmail.com](mailto:coachtieri777@gmail.com)

### **BOYS SOCCER – THURSDAY AUGUST 23rd:**

- Freshmen Boys report to the grass fields at 7:00am. Tryout will be from 7-9am.
- Sophomores/Juniors/Seniors report to the turf field at 9:00am. The tryout will take place from 9-11am.
- Head Coach – Antony Howard – [ahoward@acconnecticut.com](mailto:ahoward@acconnecticut.com)

### **GIRLS SOCCER –THURSDAY AUGUST 23rd:**

- All candidates should report to the turf field at 10:00am. Two sessions will take place from 10-1 and 4-6.
- Head Coach – Jess Halas – [halasj@danbury.k12.ct.us](mailto:halasj@danbury.k12.ct.us)

### **FIELD HOCKEY – THURSDAY AUGUST 23rd:**

- Report to the turf field for the first tryout session at 7:00 am. A second session will also take place from 6:00-8:00 pm.
- Head Coach – Denise Brough – [brougd@danbury.k12.ct.us](mailto:brougd@danbury.k12.ct.us)

### **GIRLS VOLLEYBALL – THURSDAY AUGUST 23<sup>rd</sup> and FRIDAY AUGUST 24th:**

- Freshman – report to the main gym from 9:00-11:00 am.
- Sophomores – report to the main gym from 11:00 am-1:00 pm.
- Juniors/Seniors – report to the main gym from 1:00-4:00 pm.
- Head Coach – John MacMillan – [jjamac11@gmail.com](mailto:jjamac11@gmail.com)

### **GIRLS SWIMMING – MONDAY AUGUST 27<sup>TH</sup>:**

- Report to WCSU – O’Neill Center from 5:00-6:30 pm.
- Head Coach – Lauren Hunt – [huntla@danbury.k12.ct.us](mailto:huntla@danbury.k12.ct.us)

### **BOYS CROSS COUNTRY – THURSDAY AUGUST 23rd:**

- Report to the track for practice from 8:00-11:00 am.
- Head Coach – Rob Murray – [murrar@danbury.k12.ct.us](mailto:murrar@danbury.k12.ct.us)

### **GIRLS CROSS COUNTRY – THURSDAY AUGUST 23rd:**

- Report to the track from 8:00-10:30 am.
- Head Coach – Marsha Turek – [turekm@danbury.k12.ct.us](mailto:turekm@danbury.k12.ct.us)

### **CHEERLEADING – THURSDAY AUGUST 23rd:**

- Tryouts for the 2018-19 Varsity team have already taken place. Practice will take place from 6:00-8:00 pm in the gym.
- Head Coach – Joann Tatarzycki – [tatarj@danbury.k12.ct.us](mailto:tatarj@danbury.k12.ct.us)