

2009/2010 Tiger Athletics

2008/2009 Overview

Thanks to everyone who made this very successful season possible. The past year has been very positive in so many ways. During the fall, we had 7 sports competing and all 7 made the state playoffs, with one advancing to the state championship. During the winter, all three teams were once again represented in the state playoffs, with the girl's basketball team winning their second consecutive state championship. Finally, as the year continues to wind down Holy Family was represented at state in baseball, tennis, and track and field.

Looking forward to the 2009-2010 seasons there are several important dates to consider.

Athletic Physicals

CHSAA requires that each participating athlete in Colorado have a current physical on file with the school. The physicals are valid for one year at a time. We are very fortunate that Bob Kershner of Cornerstone Orthopedics and Sports Medicine would like to continue his relationship with HFHS athletics. He has organized a group of eight to ten physicians from his group to give our athletes quality physicals. We have set Saturday, June 13, 2009 as our day for physical exams. The exams will be at the Cornerstone offices in Louisville (Avista) beginning at 8 am. I will have maps available for the athletes the final week of school. Cornerstone will charge our athletes \$25.00 for the physical with each physical receiving a t-shirt from Cornerstone and \$20.00 of each physical donated back to the HFHS training room for medical supplies. We are asking that our junior and senior athletes to check in between 8:00 and 8:30 am. The sophomores and freshmen are to check in between 9:00 and 9:30am. This should really help make the physicals run more efficiently. The physical will take care of the athlete for the entire 2009/2010 athletic year.

Athletic Registration

Athletes playing **FALL** sports must turn in a completed registration packet on either Tuesday, August 4th between 7:30am and 2:00pm or on Wednesday, August 5th between 1pm and 6pm. Athletes cannot practice on Monday, August 17th without a completed registration packet and a **Purple Pass** from the athletic office. Please note: The athletic participation fee is **\$120.00** per athlete per sport. Athletes participating in either golf or tennis will also have an additional court/course rental fee of \$60.00. Please **DO NOT** mail these packets or turn them in during the summer vacation time. There will not be anyone here to process them. Athletic participation fees are used to directly benefit our student athletes and their programs.

Tiger Fun Run

Holy Family High School Athletics will once again host the Tiger Fun Run to help support the Athletic Department with post season costs. The race will be run on September 7, 2009 at 9:00 am. Student-Athletes will once again be required to attend and encouraged to find four people that would like to participate. In addition, sponsorship opportunities will once again be available. Please contact Ben Peterson at 303.469.5823 with any question you may have.

Bigger, Faster, Stronger

Holy Family Athletics is once again inviting any HFHS student who would like to participate in the bigger, faster, stronger program this summer. The cost is \$35/student, and will run June 8 – July 16, Monday-Thursday, 8 am – 10 am. If your student is interested please contact Ben Peterson at 303.469.5823.

Sport Camps

Many of our teams hold camps for our athletes during the summer months. The following are a list of camps for each sport and the email and phone numbers for our head coaches. Please contact the coach for the details and cost of particular camps. Please contact the head coach if you don't see a camp for your sport or for further details.

Boys Baseball

Head Coach: Marc Cowell

Email: mcowell34@yahoo.com

Legion Baseball

June – July

Youth Football/Baseball Camp

June 15-18

9 am – 4pm

Slump Buster Baseball Tournament

Omaha, Nebraska

June 22-29

Girls Basketball

Head Coach: Ron Rossi

Email: ron.rossi@holyfamilyhs.com

Gold Crown Summer Basketball League

May 26 – June 11, Tuesday and Thursday

Varsity, 2 JV, C Team

Youth Sports Camp

June 1 -5

Next years 5th-8th graders

Cost: \$60 for volleyball or basketball - \$100 for both

Team Camp at UNC

June 25 – 27
Varsity, JV, C Team
Cost: \$190

Tournaments

Colorado Christian Tournament – Varsity Only
June 5 – 7
Gold Crown Tournament – Varsity/ JV Only
June 18 – 20
Metro State Tournament – Varsity/ JV Only
June 28 – 30

Open Gym

June - Monday and Wednesday
6 – 8 pm

Boys Basketball

Head Coach: Gunnar Johnson Email: gunnar.johnson@adams12.org

Gold Crown Summer Basketball League
May 26 – June 11, Monday and Wednesday
Varsity, JV, C Team

Open Gym

June 8 – July 16
Time: Following weight training

Cross Country

Head Coach: Dave Good Email: dave.good@holysfamilyhs.com

Pre-Season Camp

August 3-5, 8 am – 1pm

Football

Head Coach: Mike D. Gabriel Email: miked.gabriel@holysfamilyhs.com

Spring Football Camp

May 18-20

Western State Contact Camp

June 3-6

Youth Football/Baseball Camp

June 15-18

9 am – 4pm

Fall Camp

August 10-14

Boys Golf

Head Coach: Will Wilson

Email: will.wilson@holyfamilyhs.com

Team Camp

August 3-7

Location: Broadlands

Girls Soccer

Head Coach: George Connolly

Email: gconnolly92@gmail.com

Team Camp

July 13-17

Boys Soccer

Head Coach: Jim Schuster

Email: jims@americantrainco.com

Team Camp

July 13-17

Girls Softball

Head Coach: Glen Ramos

Email: gramos0156@msn.com

Hitting Camp

July 8, 15, 22, 29 and August 5

6-8 pm

Team Camp

August 10-13

6-8 pm

Tryouts

August 17-19

6-8 pm

Volleyball

Head Coach: Trisha Kroll

Email: atigkroll@juno.com

Youth Sports Camp

June 1 -5

Next years 5th-8th graders

Cost: \$60 for volleyball or basketball - \$100 for both

4 on 4 League/Conditioning

June and July, Tuesdays and Thursdays 6-8pm

Next years 9th-12th graders

Cost: \$15

Skills Camp with Jim Miret from Front Range Volleyball Club

July 8-10th

Next Years 9th-12th graders

Cost: \$90 for 9th and 10th grade session
\$25 setting session (anyone can come to this)
\$100 for 11th and 12th JV/Var session

Cherry Creek Varsity Team Camp

July 13th – 16th

Returning varsity members and by invitation

Cost: \$70/player

Cherry Creek JV/So/Fr Team Camp

July 20th-24th

JV/So/Fr

Cost: \$70/player

CSU Team Camp

July 30-Aug 2nd

Next Years 11th and 12th graders, returning JV/Varsity and invitations

Cost: \$240/player (includes, all instruction and play, t-shirt, ropes course, room and board)

Pre-tryouts camp

Aug 10-11 or 13-14

Next Years 9th-12th graders

Cost: \$35

Tryouts

Aug 17-20th

Next Years 9th-12th graders

Wrestling

Head Coach: Juan Lucero

Email: jpl349@aol.com

Wyoming Team Camp

June 25-29

Weight Training

Open to All HFHS Students

June 8 – July 16, 8 – 10 am

Cost: \$35/player