



HOLYOKE HIGH SCHOOL



FIRST DAY OF PRACTICES

TIMES MAY CHANGE SO CHECK WEBSITE OR CALL PRIOR TO FIRST DAY OF PRACTICES

BOYS SOCCER

THURSDAY AUGUST 26th - 6:00 pm
ROBERTS' FIELD TURF
CLEATS, SHIN GUARDS, RUNNING SHOES
COACH JOHN AMARAL -413-531-2187
jlamaralcoach@charter.net

FOOTBALL-10TH, 11TH, & 12TH GRADES

MONDAY AUGUST 23rd - 5:00 PM
ROBERTS' FIELD TURF - No pads.
CLEATS, T-SHIRT, SHORTS - REPORT IN SHAPE!
COACH BOB LASTOWSKI 413-364-2267
rlastowski@comcast.net

FRESHMEN FOOTBALL-9TH

MONDAY AUG. 23rd
ROBERTS' FIELD TURF-3:30 P.M.
COACH TOM BOWLER 413-532-0719
tbowler@hps.holyoke.ma.us

GIRLS VOLLEYBALL

THURSDAY AUGUST 26th
H.H.S. LARGE GYM 9:00 am - 11:00 am
SNEAKERS, SHORTS, T-SHIRT, SWEATPANTS
BE PREPARED TO RUN & EXERCISE!
COACH PAULA CONWAY - 413-478-8037
EMAIL: sbrasil@hps.holyoke.ma.us

GOLF

Wyckoff Country Club - First Practice TBD
COACH WILL MAIL YOU THE TRYOUT INFORMATION
GOLF SEASON IS SHORT....PRACTICE!
COACH DON BERGERON 413-567-8454
bergswim@juno.com

GIRLS SOCCER

THURSDAY AUGUST 26th - 9:00 am
ROBERTS' FIELD TURF
PHYSICALS, CLEATS, SHIN GUARDS
COACH KEVIN ROBERTS 413-532-8385 413-265-3295
coachbigdog16@aol.com

CHEERLEADING

DATE AND TIME - TBA
T-SHIRT, SHORTS, & SNEAKERS
NO JEWELRY, CELL PHONES, ETC.
COACH TBA

FIELD HOCKEY

THURSDAY AUGUST 26th - 3:30 PM
ROBERTS' TURF FIELD
RUN SHOES, STICK, GOOGLES, SHIN PADS, CLEATS
COACH NOEL DONNELLY - 413-519-2226 or
ndwest3@aol.com

CROSS COUNTRY

THURSDAY AUGUST 26th - 5:30 P.M.
ASHLEY RESERVOIR-WESTFIELD RD. GATE
RUNNING SHOES, WATER BOTTLE
SUMMER TRAINING IS A MUST!!
COACH DAVE REINHART- 413-297-6555
dkreinhardt@aol.com