

ATHLETIC COURSES FOR INCOMING FRESHMEN TO CYPRESS WOODS HIGH SCHOOL

2019-20

1. Athletes are welcome and encouraged to participate in more than one sport. During the year, class schedules may be adjusted to accomplish this. **Students should sign up for the fall sport. The 2nd semester sport will be added later.**
2. An annual athletic physical must be on file before entering any sport. Forms are available in the athletic training room at Cypress Woods High School. The actual physical examination can be performed by your doctor. Cy Woods will administer physicals on Saturday, May 4, 2019 time TBA. The charge for this physical is usually 20.00 but subject to change. Any questions, contact Louie Villarreal at 281-213-1881.
3. Most sports will require athletes to provide their own transportation to and from practices held during non-school hours.
4. **Those athletes, who register in an athletic class but fail to make a team after evaluation and tryouts, will be placed in P.E. class, or they may try out for another sport.**

Freshman Sports

COURSE	COACH	REQUIREMENTS	SPECIAL NOTES
BASEBALL	Oran (Kipp) Pridgeon Oran.Pridgeon@cfisd.net	Freshman interested in being a part of the baseball team will be able to be in 6 th period baseball. If playing dual sports, sign up for the sport that happens first. All students will be required to go through weight room workouts, running workouts, baseball specific workouts and keep up with their grades in other classes. Failure to do so may result in the removal from the period and removal from the potential of being a part of the Cy-Woods baseball program.	Tryouts are at the end of January for teams. Cuts are made. If you make the team, practice after school starts the following week. You will be responsible for your own baseball equipment and for pre-arranging a ride home after practice.
BOYS' BASKETBALL	Chris Draudt Michael.Draudt@cfisd.net	For freshman, registration is permitted. Three week cuts are made. Permission from coach is required for JV or Varsity class.	Tryouts held throughout 1st semester for teams. Cuts are made.
BOYS' CROSS COUNTRY	Gregory Zarate Gregory.Zarate@cfisd.net	Registration permitted after review of grades and conduct. <u>For DISTANCE runners only.</u> Freshman can register. We train year round at 6:00 am daily and practice after school during the season. If students are not ready to commit, then they do not need to register. <u>Any returning student wanting to participate in XC, must receive permission from Coach Zarate.</u> <u>A time requirement must be met for all athletes in grades 10-12.</u>	Mandatory Parent/athlete meeting on May 8 th at 6:30 PM in the large gym for all those wanting to participate in Cross Country, failure to attend will affect participation. All info on meeting and summer practice is on my team website, www.wildcatrunning.net . Practice before school at 6am daily and after school during the season. Contact Coach

		Transfer students must consult with Coach Zarate prior to scheduling. A summer workout program is strongly encouraged and offered by Coach Zarate. Contact the coach for more information (gregory.zarate@cfisd.net). Workout begins the 2 nd week of summer. More info can be found on www.wildcatrunning.net . Mandatory practices start the first week in August. There will be a required 2 mile time trial try out for all those in grades 10-12. Freshman will get a time but they will not be subject to a qualifying time until their sophomore year.	Zarate about summer training program that starts the second week of June. Mandatory practices start the first week in August at 6:00AM.
BOYS' GOLF	Curtis Neill Curtis.Neill@cfisd.net	No incoming freshmen allowed in 1 st semester. Only team members from previous year in the fall. Anyone wanting into the golf class must tryout before class schedule will be changed.	Tryouts are held at the end of 1 st semester for teams. Cuts are made.
BOYS' SOCCER	Joseph Carmichael Joseph.Carmichael@cfisd.net	Registration permitted for Freshmen. Tryouts will take place during the first 3 weeks.	
BOYS' TRACK	Mike Zachos Michael.Zachos@cfisd.net	No incoming freshmen allowed in 1 st semester. Only team members from previous year in the fall.	Spring only. (Must have run CC in the Fall)
FOOTBALL	Trent Faith Trenton.Faith@cfisd.net	Registration permitted.	
GIRLS' BASKETBALL	Laqueisha Dickerson Laqueisha.Dickerson@cfisd.net	For freshman, registration is permitted. Three weeks cuts are made. Only players who participated in previous year will be admitted into JV/VAR class. All others need permission from coach for JV/VAR class. No student may sign-up 2 nd semester.	Tryouts are held during 1 st semester for teams. Cuts are made.
GIRLS' CROSS COUNTRY	Greg Zarate Gregory.Zarate@cfisd.net	Registration permitted after review of grades and conduct. <u>For DISTANCE runners only.</u> Freshman can register. We train year round at 6:00 am daily and practice after school during the season. If students are not ready to commit, then they do not need to register. <u>Any returning student wanting to participate in XC, must receive permission from Coach Zarate.</u> <u>A time requirement must be met for all athletes in grades 10-12.</u> Transfer students must consult with Coach Zarate prior to scheduling. A summer workout program is strongly encouraged and offered by Coach Zarate. Contact the coach for more information (gregory.zarate@cfisd.net). Workout begins the 2 nd week of summer. More info can be found on www.wildcatrunning.net . Mandatory practices start the first week in August. There will be a required 2 mile time trial try out for all those in grades 10-12. Freshman will get a time but they will not be subject to a qualifying time	Mandatory Parent/athlete meeting on May 8 th at 6:30 PM in the large gym for all those wanting to participate in Cross Country, failure to attend will affect participation. All info on meeting and summer practice is on my team website, www.wildcatrunning.net . Practice before school at 6am daily and after school during the season. Contact Coach Zarate about summer training program that starts the second week of June. Mandatory practices start the first week in August at 6:00AM.

		until their sophomore year.	
GIRLS' GOLF	Ashley Ahlfinger Ashley.Ahlfinger@cfisd.net	No incoming freshmen allowed in 1 st semester.	Tryouts are held to determine teams. Cuts are made.
GIRLS' SOCCER	Amy Trocquet Amy.Trocquet@cfisd.net	For freshman, registration is permitted into the JV period only. Three weeks cuts are made. Only players who participated in previous year will be admitted into JV/VAR class. All others need permission from coach for JV/VAR class.	Tryouts are always held 1 st semester the first 2-3 days after Thanksgiving break to determine teams. Cuts are made. After school practices begin at this time.
GIRLS' TRACK	Andre Crumedy Andre.Crumedy@cfisd.net	Freshman can sign up for the class in the Fall. <u>Returning</u> students to Cy Woods must get approval from Coach Crumedy before entering in the fall.	Practice after school.
SOFTBALL	Cliff Bond Clifton.Bond@cfisd.net	Incoming freshman allowed in 1 st semester. Tryouts in the Spring, students who are cut will be moved to PE.	Tryouts are held 2 nd semester to determine teams and no one is admitted into softball until after tryouts. Cuts are made.
VOLLEYBALL	Ashley Ahlfinger Ashley.Ahlfinger@cfisd.net	Registration permitted.	Tryouts are to begin August 1, 2019 to determine teams and cuts are made.
BOYS AND GIRLS			
SWIMMING & DIVING	Chris Pease Christian.Pease@cfisd.net	Registration permitted. Must sign-up for class and be part of athletics to try out.	Competitive swimming only. Athletes are welcome all year with Coach's approval.
SPORTS MEDICINE (Athletic Trainer)	Louie Villarreal Luis.Villarreal@cfisd.net	Application required. Applications are due to Cy Woods Head Trainer prior to the end of the 8 th grade school year.	Applications available in Athletic Trainer's Office. Registration upon approval.
Fall -- TEAM TENNIS Spring -- INDIVIDUAL TENNIS	Julianne Schmitzer Julianne.Schmitzer@cfisd.net	Registration permitted. Contact coach for application. Varsity level players are competitive tennis players.	Tryouts for incoming 9 th graders will be held in May. Beginners should strive to be competitive high school tennis players.
WRESTLING	Michael White Michael.White@cfisd.net	Registration permitted.	Wrestlers (boys & girls) are accepted all year with Coach's approval Physicals must be on file prior to the first day of school for incoming freshmen.