

HIGH SCHOOL

WINTER SPORTS INFORMATION

Parents and Player's Meeting

November 5th 6pm

Step 1: Register your athlete in Final Forms - <https://avondaleschools-mi.finalforms.com/>

Step 2: Upload a valid physical that has been completed after April 15th, 2025.

FREE SPORTS PHYSICALS AT THE TEEN HEALTH CLINIC

CALL (248) 537-6235, or email: katarzyna.koplejewski@avondaleschools.org or
zlee@honorcommunityhealth.org To make an appointment.

Sport Specific Tryout Information

<u>GIRLS BASKERBALL</u> Coach- Roy Christmon Coach's email address: roy.christmon@avondaleschools.org First Day of Tryouts: November 19th Time: 5:00-7:00	<u>BOYS BASKETBALL</u> Coach: Aaron Fox Coach's email address: aaron_mfox@outlook.com First Day of Tryouts: November 12th Time: Varsity 3:00-5:30 JV/Freshman- 5:30-7:30
<u>BOYS SWIM & DIVE</u> Coach- Gary Essenmacher Coach's email address: gary.essenmacher@avondaleschools.org First Day of Practice: November 24 Time: 9am-Noon	<u>GIRLS & BOYS BOWLING</u> Coach- Alyse Zalewski / James Zalewski Coach's email address: alyse.zalewski@avondaleschools.org First Day of Practice: November 10th Time: 3-5 Classic Lanes
<u>WRESTLING</u> Coach- Sam Trella Coach's email address: sam.trella@avondaleschools.org First Day of Practice: November 17th Time: 2:35-5:15	<u>CHEER</u> Coach- Chelsea Clark Coach's email address: chelsea.clark@avondaleschools.org First Day of Tryouts November 10 Time: 3pm-5:30

Athletic Director: Melissa Tuccini
melissa.tuccini@avondaleschools.org