

# 2011-2012 Salinas High School FALL Athletics

*Sports Physicals*  
August 2, 2011, 12:00  
SHS School Cafeteria



*Drug Free Contract*  
August 2, 2011, 6:30  
SHS Performing Arts Center  
(Parent/Guardian Must Attend)

## Football

Coach Steve Goodbody at [stevegoodbody@salinasuhd.org](mailto:stevegoodbody@salinasuhd.org)



If you have registered for SHS, starting June 6th at 3:00 p.m. in the Weight Room and PIT, Monday through Thursday we have workouts for strength and conditioning. (highly recommended).

- August 5<sup>th</sup> Freshmen Equipment Handout and Locker Check-out at 3:00 p.m.  
\$25.00 Spirit Pack Available for Purchase
- August 12<sup>th</sup> Freshmen Practice Begins at 3:10 p.m. - Dress is Helmet and Spirit Pack
- August 16<sup>th</sup> Important Frosh Parent Meeting at 6pm- Large Gym
- August 19<sup>th</sup> COWBOY ROUNDUP!!! Parent and Coaches Kickoff Dinner and Party!!

## Girls Volleyball

Coach Andrew Mandon at [andrew.mandon@salinasuhd.org](mailto:andrew.mandon@salinasuhd.org)



Open gym dates are as follows: June 20<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 27<sup>th</sup>, 29<sup>th</sup>, July 1<sup>st</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup> from 4:00 p.m. 6:00 p.m. **Tryouts** are on August 12<sup>th</sup>, 3:00 p.m. – 5:00 p.m.  
Mandatory Parent Meeting August 12<sup>th</sup> @ 5:30 p.m., location TBA

## Cross Country

Coach Roger Chagnon at [roger.chagnon@salinasuhd.org](mailto:roger.chagnon@salinasuhd.org)



Students interested in Cross Country e-mail: [salinascowboysxctf@hotmail.com](mailto:salinascowboysxctf@hotmail.com) and I will send them information on summer conditioning.

## Girls Tennis

Coach Gus Andersen at [gus.andersen@salinasuhd.org](mailto:gus.andersen@salinasuhd.org)



Students interested in Girls Tennis there will be a meeting on August 12<sup>th</sup>, 12:15 in Rm. 223. Practice begins Monday, August 15<sup>th</sup> at 3:00 Salinas High School Tennis Courts.

## Girls Golf

Coach Mike Bissell at [mike.bissell@salinasuhd.org](mailto:mike.bissell@salinasuhd.org)



Student interested in Girls Golf there will be a meeting on August 12<sup>th</sup> in the Large Gym at 12:15.

## Water Polo

Coach Patty Lamar at [patricia.lamar@salinasuhd.org](mailto:patricia.lamar@salinasuhd.org).



Practice starts August 16<sup>th</sup> @ the Hartnell Swimming Pool 3:00 p.m. – 5:15 p.m.

**For questions please contact the above head coaches.**

Website: [www.salinas.k12.ca.us](http://www.salinas.k12.ca.us)

Log on to the website for updated information and forms For questions please contact the above head coaches.  
7/19/2011