



ALL SCHEDULES SUBJECT TO CHANGE -- CHANGES WILL BE POSTED HERE and EMAILED.

All Athletes must have completed [FinalForms](#) profile, including current physical (performed on/after 4/15/2022). **Athletes will NOT be able to participate in tryouts unless their FinalForms profile is complete by Monday, August 1, 2022.**

Cross Country

August 8-12

- 3-5 PM at the Mercy Track.

Equestrian

Please contact Coach Volk: svolk@mhsmi.org

Field Hockey *updated 8/1/2022*

We are planning on having 3 teams, however our tryout numbers will decide whether that is feasible.

August 8-9, 2022

- 9th & 10th Graders
- 6:00 p.m. - 8:00 p.m.
- Mercy - Upper Field

August 10-11, 2022

- 11th & 12th Graders
- 6:00 p.m. - 8:00 p.m.
- Mercy Upper Field

Equipment Required:

- Mouth Guard
- Field Hockey Specific Shin Guards
- Cleats/Turf Shoes (Please note: Cleats should be soccer cleats and not softball cleats. The main difference is softball cleats have metal cleat at the toe)
- Plenty of water
- Goggles

Golf

August 8-12 at [Glen Oaks Golf Course](#)

- Arrive at 6:55 AM each day
- Bring \$20 in cash on Monday, August 8 for the tryout greens fee.
 - Mon 8/8- Everyone plays 9 holes.
 - Tue 8/9- 9th and 10th graders play 9 holes; 11th, 12th, and invited 9th/10th play 18 holes.
 - Wed 8/10- 9th and 10th graders play 9 holes; 11th, 12th, and invited 9th/10th play 18 holes.
 - Thu 8/11- Everyone plays 9 holes.

Any questions? Contact coach Vicky Kowalski by email: vbkowalski@mhsmi.org

Swimming and Diving

Divers

TBA [|](#)

Swimmers

Unless individually contacted:

- Monday, 8/8 through Thursday, 8/11
 - 10-11:30 am
 - [Beachwood Swim Club](#)

Volleyball

Tryouts

August 8-10 at [St. Joe's Mercy Elite Sports Center](#)

Monday, August 8, 2022

- Returning Varsity, 12th Graders, and 11th Graders: 5-8 PM
- Returning JV, 10th Graders, and 9th Graders: 5:30-8 PM

Tuesday, August 9, 2022: 6-8 PM

Wednesday, August 10, 2022: 6-8 PM

What to bring to Tryouts

- Labeled Water Bottle (at least 64 oz of water)
- Hand Sanitizer
- Knee Pads

Parent Meeting

There will be a Parent Meeting Friday, August 12th at 7pm in the gym at Mercy HS for any player who makes a team. We ask that each player who is placed on a team have a representative attend this meeting. Lots of important information will be covered at this meeting.

Practices

All teams will begin practicing the week following tryouts. Teams will practice after school, Monday-Friday. Generally, Varsity will practice 3:30-5:30 pm, JV and Freshman teams will practice 5:30-7 pm. There are times when practices may change. We will do our best to communicate any changes ahead of time.

Questions?

If you have any questions about our program, please email: lvogel@mhsmi.org or athompson@mhsmi.org.