

## Catoctin High - Spring Sports Tryout Information

- Student-athletes must register online before attending tryouts (<https://www.fcps.org/athletics>)
- Student-athletes must have a physical dated after April 1, 2023
- Changes to the tryout schedule might have to be made due to weather conditions.
- Dual-Sport athletes must have contracts completed and signed by March 1

Spring Tryout Schedule - March 1, 2, 4, & 5 2024

Team	Time	Location
<b>Baseball</b>	<b>3/1 &amp; 3/4</b> V & JV 2:30 - 5:00 pm <b>3/2</b> V & JV 10:00 - 12:30 pm	Baseball field
<b>Softball</b>	<b>3/1 &amp; 3/4</b> V & JV 2:30 - 5:00 pm <b>3/2</b> V & JV 9:30 - 12:00 pm	Softball field
<b>Boys Tennis</b>	<b>3/1, 3/4 &amp; 3/5</b> 2:45 - 4:15 pm	Tennis courts
<b>Girls Tennis</b>	<b>3/1, 3/4 &amp; 3/5</b> 2:45 - 4:15 pm	Tennis courts
<b>Boys Lacrosse</b>	<b>3/1, 3/4 &amp; 3/5</b> V & JV 2:45 - 5:00 pm	Meet in the boys locker room
<b>Girls Lacrosse</b>	<b>3/1, 3/4 &amp; 3/5</b> V & JV 2:45 - 4:45 pm	Bottom practice field
<b>Boys Track &amp; Field</b>	<b>3/1 &amp; 3/4</b> 2:30 - 4:45 pm <b>3/2</b> 9:30 - 12:00 pm	Meet in Coach Lillard's room (422)
<b>Girls Track &amp; Field</b>	<b>3/1 &amp; 3/4</b> 2:30 - 4:45 pm <b>3/2</b> 9:30 - 12:00 pm	Meet in room 407
<b>Unified Track &amp; Field</b>	1st practices are on <b>March 4th, 6th, and 11th</b> 2:30 - 4:00 pm	Meet in Mrs. Poffenberger's room (122)

## Spring Sports Coaches Contact Information

### **Baseball**

Michael Franklin

[michael.franklin@fcps.org](mailto:michael.franklin@fcps.org)

### **Lacrosse - Boys**

Chris Doll

[christofer.doll@fcps.org](mailto:christofer.doll@fcps.org)

### **Lacrosse - Girls**

David Zentz

[david.zentz@fcps.org](mailto:david.zentz@fcps.org)

### **Softball**

Jess Valentine

[jessica.valentine@fcps.org](mailto:jessica.valentine@fcps.org)

### **Tennis - Boys**

John Koepke

[koepke@hood.edu](mailto:koepke@hood.edu)

### **Tennis - Girls**

David Gadra

[david.gadra@fcps.org](mailto:david.gadra@fcps.org)

### **Track & Field - Boys**

Dave Lillard

[david.lillard@fcps.org](mailto:david.lillard@fcps.org)

### **Track & Field - Girls**

Robert Davis

[robert.davis@fcps.org](mailto:robert.davis@fcps.org)

### **Track & Field - Unified**

Charmane Nesbitt

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