

2023 RCS Fall Sports First Practice & Coach Information

In the case of bad weather, practices will take place indoors at the High School

Sports Team	Coach & Email	First Practice Date & Time	First Practice Location
Boys & Girls Varsity Cross Country	Anna Davies adavies@rcscsd.org	Monday, August 21, 2023 Time: 8:00 - 9:30am	In front of the High School
Varsity & JV Cheer	Varsity: April Green april08.ag@gmail.com Junior Varsity: Jessica Whipple swensonji@gmail.com	Monday, August 21, 2023 Time: 6:00 - 8:00pm	HS Wrestling Room
Girls Varsity Soccer	Danielle Wolfe DWolfe@rcscsd.org	Monday, August 21, 2023 Time: 8:00 - 10:00 a.m. & 6:00 - 7:30 p.m.	Morning: HS Turf Field Evening: Back Soccer Field
JV Girls Soccer	Kasey Biernacki kbiernacki@rcscsd.org	Monday, August 21, 2023 Time: 8:00 - 10:00 a.m. & 6:00 - 7:30 p.m.	Morning: HS Turf Field Evening: Back Soccer Field
Boys Varsity Soccer	Adam Brady abrady@rcscsd.org	Monday, August 21, 2023 Time: 8:00am - 12:00pm	Back Soccer Field
JV Boys Soccer	Rick Messier rmessier@rcscsd.org	Monday, August 21, 2023 Time: 8:00am - 12:00pm	Back Soccer Field
Girls Tennis	Steven Colon scolon@rcscsd.org	Monday, August 21, 2023 Time: 10:00 - 11:30am	Tennis Courts
Golf	Matt Miller mmiller@rcscsd.org	Monday, August 21, 2023 Time: 8:00 - 11:00am	Sycamore Golf Course
Varsity Volleyball	Britney (Lintner) Cashdollar blintner@rcscsd.org	Monday, August 21, 2023 Time: 5:00 - 7:00pm	High School Main Gym
JV Girls Volleyball	Chelsey Moore cmoore@rcscsd.org	Monday, August 21, 2023 Time: 5:00 - 7:00pm	High School Main Gym
Varsity Football	Gary VanDerzee - Head Coach lgvanderzee200@gmail.com Bob Dorrance - Ast. Coach rdorrance@rcscsd.org Mike Kerrigan - Ast. Coach mkerrigan@rcscsd.org	Saturday, August 19, 2023 Time: 8:00 - 10:00am	HS Turf Field
JV Football	Justin Bullis - Head Coach jbullis@rcscsd.org Kyle Kearney - Ast. Coach kkearney@rcscsd.org	Saturday, August 19, 2023 Time: 8:00 - 10:00am	HS Turf Field

Girls Swimming & Diving	Shannon Ruso sruso@rcscsd.org	Monday, August 21, 2023 Time: 5:00 - 7:00 PM	RCS High School Pool
Modified Football	Ethan Peters - Head Coach epeters@rcscsd.org CJ Haslam - Ast. Coach chaslam@rcscsd.org	Monday, August 28, 2023 Time: 4:30 - 6:30 PM	Middle School Back Field
Modified Boys Soccer	Amanda Wilsey awilsey@rcscsd.org	Monday, August 28, 2023 - Informational Parent / Player Meeting Time: 6:00pm	Middle School Soccer Field
Modified Girls Soccer	Jasmine Powell jpowell@rcscsd.org	Monday, August 28, 2023 Time: 3:00 - 4:30pm	Middle School Soccer Field
Modified Cross Country	Jay Henry jchenry@rcscsd.org	Tuesday, September 5, 2023 Time: 3:00 - 4:15pm	In front of the High School
Modified Volleyball	Cassie Owens cowens@rcscsd.org	Tuesday, September 5, 2023 Time: 3:00 - 5:00pm	Middle School Gym