

FALL TRYOUT INFORMATION MIDDLE GRADES 7 - 8

******All 7th grade athletes take the bus from 7th GC to 8th GC.

Cheerleading: Coach Menendez ec-cmene@spring-ford.net and Coach Kelly
Tryouts completed in Spring 2025
Practice begins on 8/25 from 3:00 p.m. to 4:30 p.m. in the 8GC AUX Gym

Cross Country: Coach Culp aculp@spring-ford.net and Coach Short ashor@spring-ford.net
Interested in joining the Middle School Cross Country Team? We'd love to have you!
Our team focuses on building endurance, strength, mental toughness, and team spirit.

Our first official practice will be **Monday, September 8th**. We will meet in or by the 8th grade center gym. Please come dressed to run and bring water and a towel.

To help you feel more prepared, it's a great idea to start running before our first practice. The goal is to be able to run continuously for 20 minutes at any pace. However, don't worry if you're not there yet—just come ready to work, and we'll help you build up from where you are!

* Athletes must have their paperwork and physical completed on Big Teams to be eligible to participate.

"There is no such thing as a bad run. There are just some runs that feel better than others." – Hal Higdon

Your Coaches: Short, Culp, Amersbach and Smith

8th grade football: Coach Souder rsoud@spring-ford.net

8th grade football's first day of practice will start on the first day of school August 25th. Players will be dismissed on the first run at 2:40. Practice will end at 5 PM and kids can be picked up between the 8th grade building and the baseball field on Washington St. All players please bring spikes for day 1 and water bottles are optional. We will have 2 large water coolers with small green cups. Some players prefer having their own water bottles and others drink out of the cooler. See everyone on August 25th!

7th grade football: Coach Pickens apick@spring-ford.net

The 7th grade football season will start on the first day of school August 25th. Once players get off the activity bus we will meet in the 9th Grade Center main gym. For the first practice players will need to have medical forms submitted on Big Teams. It is highly recommended that players bring cleats, a water bottle, and school chromebook/smartphone(if possible). We will have 2 water coolers with small gatorade cups. Some players prefer bringing their personal water bottle, and others can drink out of the cooler. Practice will end at 5 PM and Players can be picked up outside the locker room at the 9th Grade Center Bus-loop. Be sure to hydrate, see you all on the 25th!

Below is the link for the team's **Parent Square**. This will serve as our form of **communication** for the season and beyond!

<https://www.parentsquare.com/groups/join/s6trugshiw>

8th grade boys Soccer: Coach Donnelly ec-wdeonn@spring-ford.net

8th grade boys soccer tryouts - 9/3, 4, 5 from 3 - 5 PM

7th grade boys soccer: TBD

7th grade boys soccer tryouts - 9/8, 9, 10 from 3 - 5 PM

7th grade girls soccer: Coach Kershaw bkers@spring-ford.net Parent Square group: [7G Girls Soccer 2031](#) September 2, 3 & 4 @ the 8G center from 3:00 pm to 4:30 pm

8th grade girls soccer: Coach Harpel carlilicez@gmail.com
September 8, 9 & 10 @ the 8G center from 3:00 pm to 4:30 pm

Soccer players should arrive at tryouts with proper attire, shin guards, a water bottle and any other protective wear they may need. Parents are asked to stay off of practice fields.

First Day of season practice begins Sept. 11

7th grade girls volleyball: Coach Drummer gdrum@spring-ford.net
Sept 2,3,4 @ 9GC 3:00 pm -5:00 pm

8th grade girls volleyball: TBD
Sept 5,8,9 @ 9GC 3:00 -5:00 pm

7th grade field hockey: Coach Rotondo aroto@spring-ford.net
Sept 3,4,5 @ 9GC 3:00 pm - 5:00 pm Report to 9th GC team room for practice

8th grade field hockey: Coach Carroll mcarr@spring-ford.net
Sept 3,4,5 @ 9GC 3:00 pm - 5:00 pm Report to 9th GC team room for practice