

## Winter Sports Start-Ups Dates 2022-2023 Season

### Girls Basketball

7th Grade Gold Coach Danny Frank: [frankd@gmail.com](mailto:frankd@gmail.com)

8th Grade Gold Coach Tim Sneed: [sneedt@sycamoreschools.org](mailto:sneedt@sycamoreschools.org)

7th and 8th Grade Green Coach Steve McDonough:

[stevej.mcdonough@yahoo.com](mailto:stevej.mcdonough@yahoo.com)

Open gyms will take place on Tuesday Oct 18th and Thursday Oct 20th from 3:15-5. Tryouts begin on Friday Oct 21th from 3:15-5. There will be practice on Saturday Oct 22nd from 9-11 am.

### Boys Basketball

7th Grade Gold Coach Irv Brown: [browna@sycamoreschools.org](mailto:browna@sycamoreschools.org)

7th Grade Green Coach CJ Osborne: [osbornec@sycamoreschools.org](mailto:osbornec@sycamoreschools.org)

8th Grade Gold Coach Mike Teets: [teetsm@sycamoreschools.org](mailto:teetsm@sycamoreschools.org)

8th Grade Green Coach Tyler James: [jamest@sycamoreschools.org](mailto:jamest@sycamoreschools.org)

Open gyms will take place on Monday Oct 24th and Wednesday Oct 26th from 5-6:30 pm. Tryouts begin on Friday Oct 28th from 5-7 pm. There will be practice on Saturday Oct 29th from 10-12 noon.

### Swim and Dive

Swim Coach Carol Wolkoff: [wolkoffc@sycamoreschools.org](mailto:wolkoffc@sycamoreschools.org)

Dive Coach Amanda Chahine: [chahinea@sycamoreschools.org](mailto:chahinea@sycamoreschools.org)

Swim team tryouts will start on Saturday Oct 29th at Five Seasons Sports Club. Diving tryouts will be announced at a later date.

## Wrestling

Coach Jason Foley: [foleyj@sycamoreschools.org](mailto:foleyj@sycamoreschools.org)

Wrestling conditioning will take place on November 8th and 9th from 3:15-4:30.

Practice begins on Monday November 14th from 3:15-5:30

## Winter Cheer

8th Grade Coach Stacy Lawerance: [stac\\_mcdowell@yahoo.com](mailto:stac_mcdowell@yahoo.com)

7th Grade Coach Lindsay Altemuehle: [lindsay@covintonyard.com](mailto:lindsay@covintonyard.com)

Clinics will be held on Monday November 14th and Tuesday November 15th. Tryouts will take place on Wednesday November 16th.