



CARDINAL O'HARA *High School*

DEPARTMENT OF ATHLETICS

Dear Student,

At Cardinal O'Hara academics is your main priority, but in order to be a well-rounded student we believe that everyone should be involved in extra curricular activities (i.e.: music, school musicals, clubs, community service, and/or athletics).

I'm writing to inform you of the outstanding athletic program that Cardinal O'Hara has to offer. Through athletics students learn: commitment, responsibility, competitiveness, leadership, and teamwork. Along with these life lessons, being a part of a team brings about friendships and memories that will last a lifetime. Cardinal O'Hara offers a number of sports for both boys and girls to join. You should take full advantage of all the school has to offer and plan on joining a team this year. Find out what "Hawk Pride" is all about and wear the Black & Gold proudly.

This fall we are offering the following:

- ❖ **Golf** – Head Coach: Mr. John Dennis, 832-7974
Starts August 27 & September 3 @ 12:00 PM @ Brighton
- ❖ **Girls' Volleyball** – Head Coach: Mr. Brad Lorich, 465-7176
Starts August 24 @ 6 - 8:30 PM
- ❖ **Boys' Volleyball** – Head Coach: Mr. Brian Lamping, 695-0813
Starts August 24 @ 4 - 6:00 PM
- ❖ **Boys' Soccer** – Head Coach: Mr. Eric Shaw, 946-7021
Starts August 24 @ 9 - 11 AM & 12 - 2 PM
- ❖ **Girls' Soccer** – Head Coach: Ms. Stephanie Allaire, 435-3045
Starts August 24 @ 9 - 11 AM
- ❖ **Football** – Head Coach: Mr. Angelo P. Sciandra, 695-2600, Ext. 306 or 834-7376
Starts August 17 (see attached schedule)
- ❖ **Cheerleading** – Head Coach: Mrs. Carolyn Moser, 833-8063
Cheerleading goes through the fall and winter sports seasons
**Parents meeting on July 1st at 7:00 PM
Tryouts were in June, if you've missed them, please call Mrs. Moser

The Strength & Conditioning Center is open all summer, Mon., Wed. & Fri. from 2-4 PM for all COHS students, regardless if you participate in a sport or not.

In order to participate in a sport:

- You must have a current physical on file with the school nurse (after April 1, 2009). You will not be allowed to participate without proof of a current physical.
- Fill out the enclosed parent permission slip, and bring it with you the first day of practice.
- There is a football insurance fee of \$75.00.

We hope you take advantage of one of these great high school experiences. Please remember we have our winter and spring sports in which you are also able to participate: hockey, bowling, basketball, track, softball and baseball. If you have any questions or concerns please feel free to contact me at 695-2600, Ext. 306 or Kelly Wagner at 695-2600 Ext. 305.

Sincerely,

Angelo P. Sciandra

Angelo P. Sciandra
Director of Athletics

PS: Hope you are having a safe and fun summer. Remember, it's time to start your summer reading!