

RIVER FALLS HIGH SCHOOL ACTIVITIES

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Rollie Hall, Activities Director

Sue Halling, Activities Secretary

Jo Lindaman, Activities Assistant

FALL 2019-20 SCHEDULE

<u>Cross Country-HS</u>	Aug 19th Aug 22nd Coach: Media Info:	9:00am to 11:00am All runners/grades 9 thru 12 meet at HS Track Parent Meeting 6:30 pm @ Glen Park east side open shelter Kari DeLuca (Kari.Deluca@rfsd.k12.wi.us) Facebook: River Falls Cross Country & rfcc.shutterstock.com
<u>Cross Country-MS</u>	Sep 5rd Sep 9th Coach:	3:00 meeting in Coach Cartier room 107 @ MMS All 6 th , 7 th & 8 th grade runners 3:00-4:30 pm Practice Chelsea Cartier (Chelsea.Cartier@rfsd.k12.wi.us)
<u>Football - HS</u>	Aug 5th Aug 6th Aug 6th	4:00 pm to 6:00 pm equipment handout Varsity/JV/Freshman 8:00 am to 11:00 am Freshman Practice @ RFHS 3:00 pm to 8:00 pm JV/Varsity Practice @ RFHS
		All information is available at www.rfcatsfootball.com HS Head Coach: David Crail (David.Crail@rfsd.k12.wi.us)
<u>Football - MS</u>	Sept 3 rd Coaches:	3:00 pm Equipment handout MMS locker rooms Ian Sticht (Ian.Sticht@rfsd.k12.wi.us) or doug.steinbronn@rfsd.k12.wi.us
<u>Golf/Girls</u>	Aug 12th Coach:	3:00 pm - 5:00 pm @ River Falls Golf Course; all high school girl golfers Gabe VanPelt (gabe.vanpelt@rfsd.k12.wi.us)
<u>Soccer/Boys</u>	Aug 19 Sep 3 & on Coach:	9:00am – 11:00am practice & tryouts @ high school 3:00 – 5:30 pm practice @ RFHS fields Marcos Rodriguez (marcos.rodriguez@rfsd.k12.wi.us) Team News/Pictures: https://rfsboysoccer2015.shutterstock.com/#
<u>Swimming-Girls</u>	Aug 13th	Practice M-F Swimmers 8:00 a.m. to 11:00 a.m. @ RFHS pool M-F Divers: 7:00 a.m. to 9:00 a.m. @ RFHS pool Coach – Rachael Jensen (jensenrachael@hudsonraiders.org)
<u>Tennis-Girls</u>	Aug 13 - 19 Aug 19 Coach:	4:00 - 6:00pm all levels High School Tennis Courts Starting: Varsity practice 3- 5 pm; JV practice 4-6 pm @ Tennis Courts Chad Forde (chad.forde@rfsd.k12.wi.us); Team Website: www.rfhsgirlstennis.weebly.com
<u>Volleyball-HS</u>	Aug 19 Aug 19 Coach:	8:30-12 & 2-5 pm TBA Sara Kealy – rfvolleyballwildcats@gmail.com Tryouts – HS Gym Team practice begins – HS Gym
<u>Volleyball-MS</u>	Aug 28-29 Aug 28-29 Sept 3	5:30 – 7:30 pm 7:30 – 9:30 pm TBA 7 th Grade Tryouts – HS Gym 8 th Grade Tryouts – HS Gym Team practice begins