

# **OLMSTED FALLS HIGH SCHOOL**

## **ATHLETIC OPPORTUNITIES**

### **2017 – 2018**

**For more detailed athletic information, please visit us at:**  
[www.olmstedfallsathletics.net](http://www.olmstedfallsathletics.net)

#### **FALL SPORTS**

##### **CHEERLEADING**

Head Coach	Danielle LeBlanc
Contact Information	<a href="mailto:ofhscheerleading@gmail.com">ofhscheerleading@gmail.com</a>
Twitter	@OFHSCheer
Tryouts	Yes – April
Levels of Participation	Varsity, Junior Varsity, Freshmen

##### **FOOTBALL**

Head Coach	Tom DeLuca
Contact Information	<a href="mailto:tdeluca@ofcs.net">tdeluca@ofcs.net</a>
Twitter	@OFFootball1
Pre-season Conditioning Begins	January
Football Camp	June & July
Practice Begins	August 1, 2017
Season Ends	November
Try outs	No
Levels of Competition	Varsity, Junior Varsity, Freshmen

##### **GIRLS CROSS COUNTRY**

Head Coach	Jeff Kho
Contact Information	<a href="mailto:jkho@ofcs.net">jkho@ofcs.net</a>
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2017
Season Ends	First Week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

##### **BOYS CROSS COUNTRY**

Head Coach	Jeff Kho
Contact Information	<a href="mailto:jkho@ofcs.net">jkho@ofcs.net</a>
Twitter	OFCrossCountry1
Pre-Season Conditioning Begins	June
Practice Begins	August 1, 2017
Season Ends	First week in November
Try outs	No
Levels of Competition	Varsity, Junior Varsity

## **BOYS SOCCER**

Head Coach  
Contact Information  
Twitter  
Camp  
Pre-Season Conditioning Begins  
Practice Begins  
Season Ends  
Try Outs  
Levels of Competition

James Walchanowicz  
[ofhssoccer@sbcglobal.net](mailto:ofhssoccer@sbcglobal.net)  
@OFHSSoccer  
July  
Winter  
August 1, 2017  
November  
Yes  
Varsity, Junior Varsity

## **GIRLS SOCCER**

Head Coach  
Contact Information  
Twitter  
Camp  
Pre Season Conditioning Begins  
Practice Begins  
Season Ends  
Try Outs  
Levels of Competition

Matt Safar  
[mattsafar@gmail.com](mailto:mattsafar@gmail.com)  
@OFHSGirlsSoccer  
July  
Spring  
August 1, 2017  
November  
Yes  
Varsity, Junior Varsity

## **GIRLS TENNIS**

Head Coach  
Contact Information  
Pre Season Conditioning Begins  
Practice Begins  
Season Ends  
Try Outs  
Levels of Competition

Laura Graham  
[lgktennis@aol.com](mailto:lgktennis@aol.com)  
June  
August 1, 2017  
October  
Yes  
Varsity, Junior Varsity

## **BOYS GOLF**

Head Coach  
Contact Information  
Pre-Season Conditioning Begins  
Practice Begins  
Season Ends  
Try Outs  
Levels of Competition

John Holzworth  
[jholzworth@ofcs.net](mailto:jholzworth@ofcs.net)  
June  
August 1, 2017  
October  
Yes  
Varsity, Junior Varsity

## **GIRLS GOLF**

Head Coach  
Contact Information  
Pre-Season Conditioning Begins  
Practice Begins  
Season Ends  
Try Outs  
Levels of Competition

Emily Nagle  
[enagle@ofcs.net](mailto:enagle@ofcs.net)  
June  
August 1, 2017  
October  
Yes  
Varsity

## **VOLLEYBALL**

Head Coach	Brigid Radigan
Contact Information	<a href="mailto:bradigan@ofcs.net">bradigan@ofcs.net</a>
Twitter	@ofvolleyball
Pre-Season Conditioning Begins	June - July
Camp	Late July
Practice Begins	August 1, 2017
Season Ends	November
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

## **WINTER SPORTS**

### **WRESTLING**

Head Coach	Bryce Burkhard
Contact Information	<a href="mailto:bburkhard@ofcs.net">bburkhard@ofcs.net</a>
Twitter	@OFWrestling1
Pre-Season Conditioning Begins	October
Practice Begins	November 10, 2017
Season Ends	March
Try Outs	No
Levels of Competition	Varsity, Junior Varsity, Freshmen
Summer Camps	June and July

### **GIRLS BASKETBALL**

Head Coach	Jordan Eaton
Contact Information	<a href="mailto:jeaton@ofcs.net">jeaton@ofcs.net</a>
Twitter	@fallsgirlshoops
Pre-Season Conditioning Begins	October
Practice Begins	October 27, 2017
Season Ends	Early March
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

### **BOYS BASKETBALL**

Head Coach	Chris DeLisio
Contact Information	<a href="mailto:cdelisio@ofcs.net">cdelisio@ofcs.net</a>
Twitter	@ofbasketball
Pre-Season Conditioning Begins	October
Practice Begins	November 3, 2017
Season Ends	March
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

**GYMNASTICS** – \* Must have a **minimum** of 4 members to have a team.

Head Coach	Allison Fenik
Contact Information	<a href="mailto:10point0@gmail.com">10point0@gmail.com</a>
Twitter	@OFHSGymnastics
Practice Begins	November 3, 2017
Season Ends	March
Tryouts	No
Levels of Competition	Varsity

**BOYS ICE HOCKEY**

Head Coach	Robert “Zack” Walczak
Contact Information	<a href="mailto:rwalczak@ofcs.net">rwalczak@ofcs.net</a>
Website	<a href="http://olmstedfallshockey.com/">http://olmstedfallshockey.com/</a>
Twitter	@OFHS_Hockey
Pre-Season Conditioning Begins	June
Practice Begins	November 3, 2017
Season Ends	February
Tryouts	No
Levels of Competition	Varsity

**SWIMMING - BOYS AND GIRLS**

Head Coach	Daniel Lisy
Contact Information	<a href="mailto:dlisty@ofcs.net">dlisty@ofcs.net</a>
Twitter	
Practice Begins	November 3, 2017
Season Ends	March
Tryouts	No
Levels of Competition	Varsity, Junior Varsity

**BOWLING**

Head Coach	Chad Kuchenmeister
Contact Information	<a href="mailto:ckuchenmeister@ofcs.net">ckuchenmeister@ofcs.net</a>
Practice Begins	November 3, 2017
Season Ends	March
Tryouts	Yes
Levels of Competition	Varsity, Junior Varsity

**SPRING SPORTS - 2018**

**GIRLS TRACK**

Head Coach	John Novotny
Contact Information	<a href="mailto:jnovotny@ofcs.net">jnovotny@ofcs.net</a>
Twitter	@OFHS_track
Pre-Season Conditioning Begins	January
Practice Begins	March 5, 2018
Season Ends	May
Try Outs	No
Levels of Competition	Varsity, Junior Varsity

## **BOYS TRACK**

Head Coach	John Novotny
Contact Information	<a href="mailto:jnovotny@ofcs.net">jnovotny@ofcs.net</a>
Twitter	@OFHS_track
Pre Season Conditioning Begins	January
Practice Begins	March 5, 2018
Season Ends	May
Try Outs	No
Levels of Competition	Varsity, Junior Varsity

## **FASTPITCH SOFTBALL**

Head Coach	Katrina Muzingo
Contact Information	<a href="mailto:kmuzingo@ofcs.net">kmuzingo@ofcs.net</a>
Twitter	@ofsoftball
Pre-Season Conditioning Begins	January
Practice Begins	February 19, 2018
Season Ends	June
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

## **BOYS TENNIS**

Head Coach	Laura Graham
Contact Information	<a href="mailto:lgktennis@aol.com">lgktennis@aol.com</a>
Pre-Season Conditioning Begins	March
Practice Begins	March 5, 2018
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity

## **BASEBALL**

Head Coach	TBD
Contact Information	
Twitter	@ofbaseball
Pre-Season Conditioning Begins	January
Practice Begins	February 19, 2018
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity, Junior Varsity, Freshmen

## **GIRLS LACROSSE**

Head Coach	Jill Balfour
Contact Information	<a href="mailto:balfourj@sbcglobal.net">balfourj@sbcglobal.net</a>
Twitter	@OF_Girls_Lax
Pre-Season Conditioning Begins	January
Practice Begins	February 19, 2018
Season Ends	May
Try Outs	Yes
Levels of Competition	Varsity & Junior Varsity

## **BOYS LACROSSE**

Head Coach

Contact Information

Twitter

Pre-Season Conditioning Begins

January

Practice Begins

February 19, 2018

Season Ends

May

Try Outs

Yes

Levels of Competition

Varsity & Junior Varsity