

# Homewood-Flossmoor Sports Profiles

## Fall Season

<b>Sport</b>	<b>Head Coach</b>	<b>Start Date</b>
Co-Ed Sideline Cheerleading	Zenia Boyd: <a href="mailto:zsmith@hf233.org">zsmith@hf233.org</a>	Wednesday, August 8
Cut sport. Freshman, JV & Varsity squads chosen in the Spring for the Fall sports season		
Boys Cross Country	Matt Gibson: <a href="mailto:mgibson@hf233.org">mgibson@hf233.org</a>	Wednesday, August 8
No cut, no experience necessary, summer conditioning helpful. F/S & Varsity levels		
Girls Cross Country	Mary Kate Pack: <a href="mailto:mpack@hf233.org">mpack@hf233.org</a>	Wednesday, August 8
No cut, no experience necessary, summer conditioning helpful. F/S & Varsity levels		
Field Hockey	Julie Gaham: <a href="mailto:jgaham@hf233.org">jgaham@hf233.org</a>	Wednesday, August 8
No cut, no experience necessary. Sport is new to almost all who play. JV & Varsity levels		
Football	Craig Buzea: <a href="mailto:cbuzea@hf233.org">cbuzea@hf233.org</a>	Monday, August 6
No cut, but experience helpful. Summer camp & youth football experience benefits. Frosh A & B, Soph & Varsity levels		
Boys Golf	Chris Stiglic: <a href="mailto:cstiglic@hf233.org">cstiglic@hf233.org</a>	Monday, August 6
Cut sport based on tryout scores and coach evaluations of potential. Freshman, JV & Varsity levels		
Girls Golf	Brad Kain: <a href="mailto:bkain@hf233.org">bkain@hf233.org</a>	Monday, August 6
Cut sport based on tryout scores and coach evaluations of potential. JV & Varsity levels		
Dance	Kari-Lynn Burroughs: <a href="mailto:karilynnmb@gmail.com">karilynnmb@gmail.com</a>	Thursday, August 16
Cut sport, with teams chosen based on audition scores and coaches evaluation; JV & Varsity levels. Fall season consists of performances at Football games.		
Boys Soccer	Charlie Ward: <a href="mailto:cward@hf233.org">cward@hf233.org</a>	Wednesday, August 8
Cut sport based on tryout and coaches evaluations of potential. Freshman, JV & Varsity levels		
Girls Swimming & Diving	Eric Olson: <a href="mailto:eolson@hf233.org">eolson@hf233.org</a>	Wednesday, August 8
Swimming experience necessary. JV & Varsity levels		
Girls Tennis	Brendan Pontow: <a href="mailto:bpontow@hf233.org">bpontow@hf233.org</a>	Wednesday, August 8
Cut sport. Experience helpful. JV & Varsity levels		
Girls Volleyball	Anthony Kruse: <a href="mailto:akruse@hf233.org">akruse@hf233.org</a>	Wednesday, August 8
Cut sport. Experience helpful. Frosh A & B, Sophomore & Varsity levels		

## Winter Season

<b>Sport</b>	<b>Head Coach</b>	<b>Start Date</b>
Boys Basketball	Marc Condotti: <a href="mailto:mcondotti@hf233.org">mcondotti@hf233.org</a>	Monday, November 6
Cut sport; experience helpful. Frosh A & B, Sophomore & Varsity levels		
Girls Basketball	Anthony Smith: <a href="mailto:asmith@hf233.org">asmith@hf233.org</a>	Monday, October 29
Cut sport; experience helpful. Frosh A & B, Sophomore & Varsity levels		
Co-Ed Competitive Cheerleading	Zenia Boyd: <a href="mailto:zsmith@hf233.org">zsmith@hf233.org</a>	Monday, October 22
Dance	Kari-Lynn Burroughs: <a href="mailto:karilynnmb@gmail.com">karilynnmb@gmail.com</a>	Monday, October 22
Winter begins Competitive Dance season.		

# ***Homewood-Flossmoor Sports Profiles***

## ***Winter Season (cont'd)***

<b><i>Sport</i></b>	<b><i>Head Coach</i></b>	<b><i>Start Date</i></b>
Girls Gymnastics Cut sport, no experience necessary. JV & Varsity levels	Carrie Kliver: <a href="mailto:ckliver@hf233.org">ckliver@hf233.org</a>	Monday, November 5
Ice Hockey Cut sport, skating experience necessary. JV & Varsity levels	Wayne Perry: <a href="mailto:wmp8782@yahoo.com">wmp8782@yahoo.com</a>	Thursday, August 30
Boys Swimming & Diving No cut sport, but swimming experience necessary. JV & Varsity levels	Keith Dombkowski: <a href="mailto:kdombkowski@hf233.org">kdombkowski@hf233.org</a>	Monday, November 19
Wrestling No cut sport, no experience necessary. Freshman, JV & Varsity levels	Shannyn Gillespie: <a href="mailto:coachshannyn@gmail.com">coachshannyn@gmail.com</a>	Monday, November 5
Boys Indoor Track No cut; no experience. In order to participate in the Spring season, must participate in Indoor (if not already participating in a Winter sport). F/S & Varsity levels	Nate Beebe: <a href="mailto:nbeebe@hf233.org">nbeebe@hf233.org</a>	Monday, January 14
Girls Indoor Track No cut; no experience. In order to participate in the Spring season, must participate in Indoor (if not already participating in a Winter sport). F/S & Varsity levels	Zontavius Johnson: <a href="mailto:zjohnson@hf233.org">zjohnson@hf233.org</a>	Monday, January 14

## ***Spring Season***

<b><i>Sport</i></b>	<b><i>Head Coach</i></b>	<b><i>Start Date</i></b>
Badminton Cut sport, no experience necessary. Freshman, Sophomore & Varsity levels	Rachel Fassl: <a href="mailto:rlfassl@gmail.com">rlfassl@gmail.com</a>	Monday, February 26
Baseball Cut sport, experience helpful. Freshman, Sophomore & Varsity levels	John McCarthy: <a href="mailto:jmccarthy@hf233.org">jmccarthy@hf233.org</a>	Monday, February 25
Boys Gymnastics No cut sport, no experience necessary. Freshman, Sophomore & Varsity levels	Mike Opsal: <a href="mailto:mvopsal@gmail.com">mvopsal@gmail.com</a>	Monday, February 11
Boys Lacrosse No cut sport, no experience necessary for Freshman & JV levels. Cut sport, experience helpful for Varsity levels	Mark Thompson: <a href="mailto:hflacrosse@gmail.com">hflacrosse@gmail.com</a>	Monday, February 25
Girls Soccer Cut sport based on tryout and coaches evaluations of potential. Freshman, JV & Varsity levels	Charlie Ward: <a href="mailto:cward@hf233.org">cward@hf233.org</a>	Monday, February 25
Softball Cut sport, experience helpful. Frosh, JV & Varsity levels	Larry Dawson: <a href="mailto:ldawson@hf233.org">ldawson@hf233.org</a>	Monday, February 25
Boys Tennis Cut sport, experience helpful. JV and Varsity levels	Mike Sacks: <a href="mailto:msacks@hf233.org">msacks@hf233.org</a>	Monday, February 25
Boys Track & Field No cut, no experience necessary. F/S & Varsity levels	Nate Beebe: <a href="mailto:nbeebe@hf233.org">nbeebe@hf233.org</a>	Winter Season Continues

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**Girls Track & Field**    **Zontavius Johnson:** [zjohnson@hf233.org](mailto:zjohnson@hf233.org)  
No cut, no experience necessary. F/S & Varsity levels

**Winter Season Continues**

**Boys Volleyball**        **Bob St. Leger:** [rstleger@hf233.org](mailto:rstleger@hf233.org)  
Cut sport. Experience helpful. Frosh A & B, Sophomore & Varsity levels

**Monday, March 4**

**Boys Water Polo**        **Eric Olson:** [eolson@hf233.org](mailto:eolson@hf233.org)  
No cut sport, but swimming experience necessary. JV & Varsity levels

**Monday, February 25**

**Girls Water Polo**        **Patrick Duignan:** [pduignan@hf233.org](mailto:pduignan@hf233.org)  
Cut sport; swimming experience necessary. JV & Varsity levels

**Monday, February 25**

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