



Tryout Dates for Fall Sports

CHEER TEAM:

Workouts Start:

April 24th – 26th 5:00 – 7:00 pm @ Kentucky Cheer Center

Please Contact Ryan Heinrich rwhe222@gmail.com

CROSS COUNTRY:

Conditioning June 12th @ Seneca Park 8:00am

July 15th 8:00am @ Seneca Park (No Cut Sport)

Please Contact Rick Heim rheim@shslou.org

DANCE TEAM:

Workouts Start:

March 26th: 3:15-5:00 pm @ Vision Dance Studio

March 27th: 3:15 – 5:00 pm @ Vision Dance Studio

March 28th: 3:15 – 5:00 pm @ SHA Gym

Please Contact Lee Eaves leaves@shslou.org

FIELD HOCKEY:

July 18th – 20th @ SHA Horton Field

July 18th – 20th: Freshman 4:00 – 6:00 pm, JV/Varsity 6:00-8:00 pm

Please Contact Eleanor Mitchell emitchell@shslou.org

GOLF:

July 15th – 18th @ Long Run Golf Course

Please Contact Donna Moir dmoir@shslou.org

SOCCER:

July 16th -17th 7:00-9:00 pm @ SHA Horton Field

July 18th : 8:00 – 10:00 am @ SHA Horton Field

Please Contact Libbey Smith LiSmith@shslou.org

VOLLEYBALL:

July 15th: Freshman 1:00 – 3:00pm, Upper Classmen 3:00 – 5:00 pm

July 16th – 17th: Freshman 5:00 – 7:00, Upper Classmen 7:00 – 9:00 pm

Please Contact Brett Versen: bversen@shslou.org

Physicals need to be turned in to the athletic office before July 15. You must have a physical on file before you try out for any sport. The physical must be on the appropriate form, which you can find online at www.khsaa.org. Click on "Forms" at the top of the home page. After clicking on "Forms" you will be directed to the next page and from there pull down options from "General Forms" and highlight "Consent, Permission, and Exam Form". This is a Kentucky High School bylaw. NO EXCEPTIONS MADE.

Everyone needs to attend tryouts on the selected dates. The dates are established well in advance to afford all players time to make proper arrangements to attend and to insure a fair plan for all who tryout. Sacred Heart sports are a priority and a commitment, which begins the first day of tryouts.