

Lamoille Union High School  
Athletic Department  
Fall Sports Bulletin 2016

Greetings Lancers,

Listed below please find information regarding the start of fall sports and other significant information from the Athletic Department.

ImPact Testing: The Athletic Department will be offering Baseline Testing on August 16<sup>th</sup> and August 17<sup>th</sup> daily at 8:00am, 10:00am, 12:00pm, 2:00pm and 4:00pm. Any student who plans on participating in M.L./H.S. sports and has not participated in the testing in the past year should consider the pre season testing options. There is no need to pre register for the testing which will take place in the computer lab just off from the H.S. lobby.

Girls' High School Cross Country: Practice will start on August 23<sup>rd</sup> and continue through August 25<sup>th</sup> from 3:15 to 4:45 daily. Athletes should meet in front of the high school with running shoes, water and weather appropriate clothing. Further practice and race schedule information will be provided by Coach Beal. Coach Beal can be contacted at [jbeal@luhs18.org](mailto:jbeal@luhs18.org).

Boys' High School Cross Country: Practice will start on August 22<sup>nd</sup> and continue through August 25<sup>th</sup> daily from 3:45-5:00. Athletes should meet in front of the middle level with running shoes, water and weather appropriate clothing. Further practice and race schedule information will be provided by Coach Roy. Coach Roy can be contacted at [jroy@luhs18.org](mailto:jroy@luhs18.org) or 888-3643.

Boys' High School Soccer: Practice will start on August 18<sup>th</sup> and continue through August 20<sup>th</sup> daily from 6:30am -8:30am. Athletes should meet on the upper field prior to practice and be stretched and ready to start practice promptly at 6:30. Athletes should have appropriate footwear/clothing and water. Further practice and game schedule information will be provided by Coach Rogers. Coach Rogers can be contacted at [philwilsonrogers@gmail.com](mailto:philwilsonrogers@gmail.com)

Girls' High School Soccer: The pre season will begin on Wednesday, August 17<sup>th</sup>, with a pre season meeting and potluck/cookout from 6:00-7:30 at the Booster Building on the upper field. Practice will start on August 18<sup>th</sup> and August 20<sup>th</sup> daily from 6:00am-7:30am and 5:30pm-7:00pm. On August 20<sup>th</sup> practice will run from 10:00am-11:30am followed by a car wash at 12:00-2:00 at the Morrisville Aubuchon. Athletes should meet in the softball outfield for the morning sessions and the upper field for the evening sessions. They should have appropriate footwear/clothing and water. Additional information can be found on the team facebook page or by contacting Coach Tisbert at [coachtisbert@gmail.com](mailto:coachtisbert@gmail.com).

If you have any questions regarding this information please contact Tim Messier at 802-851-133 or [tmessier@luhs18.org](mailto:tmessier@luhs18.org).

**Initial Middle Level Fall Sports/Practice Information:**

If you have any questions regarding M.L. athletics contact Stacy Stokes at 802-851-1361 or [sstokes@luhs18.org](mailto:sstokes@luhs18.org).

Grade 7 Girls' Soccer- 8/31/16 3:15-5:15

Grade 8 Girls' Soccer- 8/30/16 3:30-5:00

Grade 7 Boys' Soccer- 8/30/16 3:30- 5:15

Grade 8 Boys' Soccer- 8/30/16 5:00-6:30

M.L. Boys' and Girls' Cross Country- 8/30/16 3:15-4:45