

News from the Athletic Office

******* New for the 2004-2005 school year, yearly physicals will be required. *******

Physical Exam

For those who need a physical exam, we have made arrangements for Saturday, July 31, 2004 from 9:00am – 10:00am at the Thomas and Mack Medical Center.

The Thomas and Mack Medical Center is located at 9499 W. Charleston Blvd., suite 220 (**on Charleston, west of Rampart**). You do not have to use this physician; he offers his services for this day only for our athletes at a reasonable cost of \$20.

First official day of tryouts for all fall sports is August 16th, with the exception of football which is August 12th. You must have a completed physical packet turned in and verified by the coach and athletic office before tryouts..

FOOTBALL

Spring Football: May 10 – May 20, 1:30pm to 3:30pm at Palo Verde H.S.

PVHS Camp: June 7 to July 29, \$75

Parent/Player Meeting: July 29, 7:00pm @ Theatre

Tryouts: August 12

Coach Rost @ 799-1450 ext 4120

MEN'S AND WOMEN'S TENNIS

Intramurals begin on July 19th at 6:30pm at the Palo Verde Tennis Courts. Intramurals are Mondays, Tuesdays and Wednesdays. All players interested in playing next year are encouraged to attend each day.

First day of practice: August 16: Boys – 8:00am / Girls – 6:00pm

Coach Brandt @ 339-7020

MEN'S SOCCER

Intramurals start Monday, August 2nd, at 9:00am to 11:00am, Monday through Friday. All players need to have proper soccer attire (shin guards, soccer cleats, soccer shorts, t-shirt). All players will need to bring their own water to every session until school starts. It is suggested that all players run and condition themselves through-out the summer so that they are somewhat ready for play when they arrive on the 2nd. The first official day of practice is August 16th at 9:00 am.

e-mail: [Kevin B Hagood@interact.ccsd.net](mailto:Kevin.B.Hagood@interact.ccsd.net),

WOMEN'S GOLF

Tryouts will begin Monday, August 16th, at Eagle Crest Golf Club at 2:30pm.

Tryouts will be Monday -Thursday, August 16 - 19.

Anyone interested in trying out for the team needs to contact Coach Peggy Lair @ 743-6733.

Please leave your name and a phone number where you can be reached.

WOMEN'S VOLLEYBALL

Volleyball intramurals and conditioning start July 12th – 30th, from 6pm to 9pm.

BYU Camp August 2-6, 8:00am – 5:00pm, cost \$175.00 at Palo Verde gym.

First day of practice will be August 16th at 3:30pm at Palo Verde High School.

Coach Amy Rogers

MEN'S AND WOMEN'S CROSS COUNTRY

Intramurals start Monday, June 7th. They will be held on Monday through Friday at 7:00am at Arbors Park.

Arbors Park is located at the end of Pavilion Center and Sageberry/Laurelglen.

Bring plenty of water to practice and wear running gear!