

2019 Fall Start Day Information

Sport	Level	Date	Time	Location	Coach	Email
Cheerleading	Varsity	Monday Aug 19	5-7:30pm	Manor School Gym	Ashley Wood	wood.ashley.s@gmail.com
	Modified	Wednesday Sept 4	5:30-7:30pm	Manor School Gym	Lyndsay Herkimer	lherkimer@gmail.com
Cross Country	JV/Varsity	Monday Aug 19	9-11:00am	HS Lobby-Bring workout clothes for the weather	Bernie Gardner	bernie.gardner@hflcsd.org
	Modified	Thursday Sept 5	2:30-4pm	Middle School Room 112	Jana Gardner	jana.gardner@hflcsd.org
Football	Varsity	Monday Aug 19	8am-12:00	High School, Stadium Turf Field	John Russ	John.russ@hflcsd.org
	JV	Monday Aug 19	5:15-8:00pm	High School, Film Room	Garrett Parker	Garrett.parker@hflcsd.org
	Modified	Monday Aug 26	8:30-10:30am	High School, Stadium, by Field House	Jim Arrigenna	James.arrigenna@hflcsd.org
Boys Soccer	Varsity	Monday Aug 19	9-11:00am & 5-6:30pm	Middle School Fields	Mike Merrill	mike.merrill@hflcsd.org
	JV	Monday Aug 19	9-11:00am & 5-6:30pm	Middle School Fields	Pat Higgins	Patrick.higgins@hflcsd.org
	Modified	Friday Sept 6	5-6:30pm	Middle School Fields ** & 6:30 Parent Meeting	Glen Buckley	gbuc200398@aol.com
Girls Soccer	Varsity	Monday Aug 19	9-11:30am & 6-7:30pm	High School Fields By the Tennis Courts	Chrissy Merrill	christine.merrill@hflcsd.org
	JV	Monday Aug 19	9-11:30am & 6-7:30pm	High School Fields By the Tennis Courts	Kristin Butka	Kristin.butka@hflcsd.org
	Modified	Wednesday Sept 4	3-4:30pm	Middle School Fields	Amber Saeva	Amber.saeva@hflcsd.org
Girls Swim	JV/Varsity	Monday Aug 19	9:30-12:30pm & 3-5:00pm	Pool & Dry Land	Ari Freedman	Ari.freedman@hflcsd.org
Girls Tennis	Varsity	Monday Aug 19	9-11:00am	High School Tennis Courts	Gae Orsini	glorsini@rochester.rr.com
	Modified	Thursday Sept 5	2:30-4pm	High School Tennis Courts	Stephanie Kuhn	Stephanie.kuhn@hflcsd.org
Girls Volleyball	Varsity	Monday Aug 19	10-12:00pm	High School A Gym	Rene Monks	rene.monks@hflcsd.org
	JV	Monday Aug 19	10-12:00pm	High School A Gym	Scott Wood	scott.wood@hflcsd.org
	Modified	Wednesday Sept 4	2:30-4pm	Middle School Gym	Kevin O'Connell	Kevin.oconnell@hflcsd.org