

Hefner Sport Tryout Dates

Viking Pride:

When: Monday thru Thursday

Time: 8 am -10 am

Where: HMS Gym

Dates: June 11-28 & July 9-26

This is a program that will show you the proper way to work out and also help you stay in shape over the summer.

Contact: Coach Reents email: breents@putnamcityschools.org

Football Tryouts:

Parent Meeting:

August 2 @ 6:30 pm in HMS gym

Practice begins:

Date: August 6th

Time: 8 am to 11 am

Where: HMS Football field located East of the school by the softball fields.

Contact: Coach Reents email: breents@putnamcityschools.org

Volleyball:

Summer Camp:

Date: Aug. 1st-3rd

Time: 9:30am-12:30pm

Where: HMS Gym

Cost \$55. Registrations form is on the Hefner Website under Athletics then Volleyball. <http://schools.putnamcityschools.org/hefner/>

Tryouts:

When: August 6th-7th

Time: 8:30am- 11:30am

Where: HMS gym

Contact Coach Walk email: nwalk@putnamcityschools.org

Cross Country Tryouts:

When: August 16th

Time: 2:45pm-4pm

Where: Meet in small gym after school. Expect to run a MINIMUM of 2 miles each day. Mostly running outside and some inside depending on weather.

Contact Coach Ostercamp email: aostercamp@putnamcityschools.org

Softball Tryouts:

When: July 30th-31st

Time: 9am-11:30am

Where: Hefner Softball Fields

Parent Meeting Aug. 2nd at 6:30pm

Contact Coach Pence email: cpence@putnamcityschools.org

Flyer is also on Hefner website under Athletics then Softball.

<http://schools.putnamcityschools.org/hefner/>

MUST HAVE SPORTS PHYSICAL ON FILE AT HMS AND ELECTRONIC FORMS FILLED OUT BEFORE ANY TRYOUT OR CAMP!! YOU CAN NOT PARTICPATE WITHOUT IT!!!

ATTENTION PARENTS!!

Go to the Rank One website: www.rankonesport.com and fill out ALL the online electronic forms.

- **On the web page, in the top right corner it will say “Fill out Electronic forms.” Click on that.**
- **Click OK for the state.**
- **Click Putnam City Schools.**
- **It then will give you an option to create an account or sign in as a guest. You may choose from there.**
- **You will need this information below for your child.**
 - **Student Name**
 - **Student ID #**

You can get your physicals done at PC North on May 16th from 5pm-8pm the cost is \$20.

Points to talk to Future Vikings

- **Physicals must have.**
- **Practice is a must. Not an option**
- **Behavior - if you can't act right in the classroom or hallway how can a coach trust you on the field?**
- **Grades - coaches expect C's and higher. No excuse.**
- **Communication is the key.**
- **Power School. (using your resources)**
- **Being Coachable**
- **Volleyball/Softball, Basketball/Wrestling, Track/Soccer are all sports you will have to choose.**
- **Play and try multiple sports. HS coaches encourage you too and so do we.**
- **Opportunities being on an extracurricular activity - meeting new friends and becoming like a family.**
- **Behavior at games.**