

Wrestling

Date: Monday, Nov. 14th – Friday, Nov. 18th

Time: 2:30-5:00 pm (boys gym)

Head Coach: Rick Julien

Email: rhjulien1@gmail.com

Girls Basketball

Date: Monday, Nov. 14th

Freshman: 4:00-6:00 pm (aux gym)

JV: 4:30-6:30 pm (main gym)

Var : 7 :00-9 :00 pm (main gym)

Date: Tuesday, Nov. 15th

Freshman: 4:00-6:00 pm (aux gym)

JV: 5:00-7:00 pm (aux gym)

Var: 7:00-9:00 pm (main gym)

Date: Wednesday, Nov. 16th

Freshman: 4:00-6:00 pm (main gym)

JV: 6:00-8:00 pm (aux gym)

Var: 7:00-9:00 pm (main gym)

Varsity Coach: Rob Fulgenzi

Email: coachfulgenzi32@gmail.com

JV Coach: Jim Wisniewski

Email: wizrules@live.com

Freshman Coach: Sarah Jagot

Email: sarahjeanjagot@gmail.com

Boys Swim and Dive

Date Monday, Nov. 21st

Parent Meeting: 6:00 pm in Team Room (#1200)

Start Date: Monday, Nov. 28th

Time: 2:30-5:30 pm

Location: Fraser Pool

Head Coach: Danielle Woody

Email: ramblerswimming@gmail.com

Boys Basketball

Date: Monday, Nov. 21st

Freshman: 2:30-5:00 pm (aux gym)

JV: 2:30-5:00 pm (main gym)

Var: 7:00-9:00 pm (main gym)

Date: Tuesday, Nov. 22nd

Freshman: 2:30-4:30 pm (main gym)

JV: 4:30-6:30 pm (main gym)

Var: 6:30-8:30 pm (main gym)

Date: Wednesday, Nov. 23rd

Freshman: 9:00-11:00 am (main gym)

JV: 11:00-1:00 pm (main gym)

Var: 2:00-4:00 pm (main gym)

Varsity Head Coach: Matt Lockhart

Email: mlockhart22@comcast.net

JV Head Coach: Matt Ferguson

Email: screenandroll37@yahoo.com

Freshman Head Coach: Chris Wisniewski

Email: wiz427@yahoo.com

REQUIREMENTS TO ATTEND TRYOUTS

1. If you have **transferred** into the district prior to the start of the 2022-23 school year and are interested in participating in High School Sports, you must contact the athletic office. All students having transferred into the district must have their eligibility status checked prior to participating in any winter sport.

2. All students interested in trying out for a winter sports team must hand in a completely filled out 2022-23 MHSAA Physical Form or have one on file with the athletic department (dated after April 15, 2022) prior to participating. **If a physical being handed in by the student is not completely filled out (missing signatures/required spaces left blank), student will be held out of participating in tryouts until the physical is returned, completely filled out on both sides, to the Athletic Department or coach.**

MHSAA Physical Form:

<https://www.fraser.k12.mi.us/cms/lib/MI02212020/Centricity/Domain/81/Sports%20Physical%20Form.pdf>

3. Prior to trying out, all student must have completed the on line **FamilyID** registration. You will fill out the form for the sport and level you are planning to try out for. **If this on line registration is not completed, the student will be held out of participation until it is completed.**

FamilyID Instructions:

[FHS FamilyID Reg Instructions 2022-23.docx](#)

If you have any questions, please contact the Athletic Director, Shane Redshaw at shane.redshaw@fraserk12.org or Athletic Secretary, Deborah Rinehart at Deborah.rinehart@fraserk12.org