

WILLIAMS HIGH SCHOOL

ATHLETIC DEPARTMENT INFORMATION

EVENT	COACH	TRYOUTS	PHYSICAL REQUIRED
Baseball	Tom Quigley Thomas.quigley@pisd.edu	January	Yes
Basketball (Boys)	Joel Stanford Joel.stanford@pisd.edu	Fall	Yes
Basketball (Girls)	Ingrid Goslin Ingrid.goslin@pisd.edu Shawn Brantley Shawn.brantley@pisd.edu	Fall	Yes
Cheerleading	Dusty Vincer Dusty.vincer@pisd.edu	March	No
Drill Team	Jeanine Prough Jeanine.Prough@pisd.edu	Spring	Yes
Football	Charles Ostertag Charles.ostertag@pisd.edu	August	Yes
Golf (Boys)	Jon Engelking Jon.Engelking@pisd.edu	Spring	Yes
Golf (Girls)	Mary-louise Easter Mary-louise.Easter@pisd.edu	Spring	Yes
Soccer (Boys)	Rick Woodard Rick.woodard@pisd.edu	Fall	Yes
Soccer (Girls)	Dawn Crow Dawn.crow@pisd.edu	Fall	Yes
Softball (PESH)	Coach Kalhoefer Karen.kalhoefer@pisd.edu	January	Yes
Step Team	Shawn Brantley Shawn.brantley@pisd.edu	Fall	No
Swimming & Diving	Amanda Valentini Amanda.valentini@pisd.edu	August	Yes
Tennis	Jerry Palacios Jerry.palacios@pisd.edu	August 11-15	Yes
Track & field	Chuck.Ostertag Charles.Ostertag@pisd.edu	January	Yes
Volleyball (9 th)	Shawn Brantley Shawn.brantley@pisd.edu	Aug. 11	Yes
Volleyball (10 th)	Jessica Gaston Jessica.Gaston@pisd.edu	Aug. 3	Yes
Wrestling (Boys & Girls)	Eric Semifero Eric.semifero@pisd.edu	No tryouts	Yes

Baseball:

- Play 22-28 games
 - In district: Clark, Jasper, Shepton, Vines
 - Out of district: Wylie, Allen, Lake Highlands, Highland Park, Southlake, Flower Mound
- Tournaments: PESH, Plano Senior, Plano West
- General meeting information in December before tryouts.
- Tryouts Saturday, January 30, 2010 at Plano East (on the baseball field or in the indoor facility based on weather conditions)

Basketball (boys):

- Play in 24-30 games and approximately 4 tournaments
 - Freshmen District: Clark, Jasper, Vines, Shepton, McKinney Boyd, Wylie, Allen, Jesuit.
 - Non-District: North Crowley (State Champs), Mesquite, Mesquite Horn, Creekview, St. Mark's
 - Sophomore District: Clark, Jasper, Vines, Shepton, Jesuit, Rockwall, McKinney Boyd
 - Non-District: Mesquite, Hebron, St. Mark's

Basketball (girls):

- Play 18 games in and out of district: Clark, Jasper, Shepton, Vines, Lake Highlands, Richardson, Berkner, Wylie, Allen
- Participate in district tournament

Cheerleaders:

- Promote school spirit cheering for football and basketball
- Participate in cheer competitions

Cheyennes (Drill Team)

- Precision dance team that performs at halftime games
- Participate in dance competitions
- Perform springtime showcase

Football:

- Compete in 10 games per season
- Develop players for varsity level at Plano East
- Represent Williams and the eastside of Plano
- August 10, arrive at 7 AM for practice for all 9th and 10th graders; leave at noon.
This week football equipment will be issued; conditioning will begin with no contact equipment except helmets; no contact activities--4A & 5A.

Soccer: (Offered only at PESH)

- Boys must be enrolled in first period athletics.
- Open tryouts held the first two weeks of school at PESH
- Players must have 2 years organized soccer experience.
- Must provide your own transportation to Plano East

Softball:

- 14-18 girls competing against other schools at the JV level
- Compete in 2 games per week
- Improve batting, throwing, catching, and fielding skills
- Learn the importance of TEAM

Step Team:

- Members rehearse and perfect step moves for performances at pep rallies and other school events
- Routines incorporate cheerleading, military, and drill team movements
- Community service opportunities

Swimming/Diving:

- Compete as part of PESH Swim and Dive Team
- Participate in 12-13 meets;
 - 9 JV and Varsity combined
 - 4 varsity meets only
- Tryouts the first week of school. Must be present one session each day. Either 7-8:30 am or 3:30-5pm.

Tennis:

- A year round sport
- Compete in 6 - 10 dual matches
- Participate in 2 - 3 all day tournaments per semester
- Tryouts August 10-14 at the WHS tennis courts, 9 am – 4 pm

Track and Field:

- Compete as part of PESH team
- Track and Field season runs from February - April
- Cross Country Season happens during the fall semester
- Students must provide own transportation to PESH at 7AM
- Regional and State Meets (for qualifiers) in April.

Volleyball:

- Fall sport (August-November)
- Compete in 15-18 district games
- 1 to 3 Tournaments
- 9th grade tryouts begin August 11 from 10 am – 1 pm in the Williams High School gym. First game August 28th.

Wrestling:

- City Champs 2006, 2008, 2009
- Compete in 6 Dual Meets
- Participate in up to 4 JV tournaments per season
- Wrestling improves football skills, including blocking, hand fighting, conditioning, toughness, and especially tackling.
- Wrestling meets begin approximately two weeks after football season ends and finishes up early February.