



April 30, 2024

Dear Parents and Incoming 9th graders,

I hope this letter finds you well. As the Athletic Director of St. Henry District High School, I am excited to welcome you to our vibrant athletic community. Before diving into the upcoming sports season, I'd like to share a few essential details with you.

Firstly, all athletes must be registered on Final Forms. This platform is our database for tracking important information, such as physicals and athlete details. You can register at <https://sthenry-ky.finalforms.com/>. Additionally, we require a current physical for each athlete, which can be uploaded to Final Forms or sent directly to our Athletic department at athletics@shdhs.org.

While conditioning sessions are optional, tryouts are mandatory for those interested in participating in fall sports. If you have any questions regarding tryouts, please contact the head coach of your participating sport.

Please take note of our upcoming events:

Baseball and Softball Game: Join us on May 13th at the baseball and softball field. All 8th-grade students will receive free admission. Varsity baseball will begin at 5:00, which will also be Senior Night for our baseball players, and Varsity softball will also be playing this night starting at 5:30.

Here's a breakdown of tryout and conditioning information for various sports:

Cheerleading: Tryouts will take place on May 7th, 8th, and 9th at the Saint Henry Athletic Complex, 35 Cavalier Blvd., Florence from 3:30-5:00 pm. Practices will start the week of July 10. For further information, please contact Coach Reed at areed.ath@shdhs.org.

Girls Basketball: Open gyms and weights sessions will be held on specific dates in May and June.

May 6 & 13, 3-4:30 pm, SHDHS Gym

May 7 & 14, 3-5 pm, SHDHS weight room

May 2, 9, & 16, SHDHS weight room

The June schedule will be posted at

<https://athletics.shdhs.org/athletics/teams-schedules/st-henrydistrict-high-school-girls-basketball/>

Contact Coach Trame at dtrame@shdhs.org for more details.

Boys Basketball: Open gym sessions for incoming freshmen will be held on Mondays until May 20th from 6-7:30 pm, SHDHS Gym. Summer practices will commence from June 3rd to June 17th, 4:30-7:30 pm. Reach out to Coach Faust at dfaust@shdhs.org for further information.



Volleyball: A parent/athlete meeting will be held on May 29th from 9-10:00 am at SHDHS cafeteria. Summer workout sessions and tryout dates are as follows:

Workouts: June 11, 13, 18, 20, 8:30 - 10:00 am, SHDHS Gym

Tryouts: July 24 & 25. 5-7 pm, SHAC, 35 Cavalier Blvd. Florence

Contact Coach Kaiser at mkaiser@shdhs.org for more details.

Boys Golf: The tryout dates will be July 15, Stephens Golf Center, 12-1:30 pm; July 16, Boone Links, 7:45 am, the cost is \$10.00 per player; July 17, Stephens Golf Course, 4-5:30 pm and a parent meeting to follow at 5:30 pm. For more information, please contact Coach Cahill at jcahill.ath@shdhs.org.

Girls Golf: The tryout dates will be July 15, 16, and 17 at Stephens Golf Center. For more information, please contact Coach Beimesch at mbeimesch.ath@shdhs.org.

Boys & Girls Cross Country: These teams do not hold tryouts; everyone is allowed to participate. Starting dates for these teams will take place after July 15th. Further information will become available in June.

Girls Soccer: The conditioning schedule will be June 4-14, SHDHS field, 6:30 - 8:00 pm, June 17-20, SHDHS field, 6:30- 7:30 pm and tryouts, July 15-17, SHDHS field, 6:30 - 8:00 pm. For more information please contact Coach Baston at bastonj.ath@shdhs.org.

Boys Soccer: We will begin with weights and summer field training, June 4-20, from 5:30 - 7:00 pm.

Conditioning and Field Training will be as follows:

July 10-12, 7 am - 8 am, Conditioning and 5-6:30 pm, Field Training

July 13, 8-9:30 am, Field Training

July 15-17 - Tryouts, 7-8 am, Conditioning, and 5-6:30 pm Field Training

For more information, please contact Coach Litzler at jlitzler.ath@shdhs.org.

Football: June conditioning will be on Tuesdays and Thursdays from 4-5:30 pm on the SHDHS turf field. SHDHS will not have a tryout this year, but all are welcome to participate. The July schedule will be posted on the Football page soon. For more information, please contact Coach Odom at todom.ath@shdhs.org.

We're thrilled to have you join our St. Henry District High School athletic family. Please contact me or the coaches listed above if you have any questions or need further assistance.

[Click here to visit the Athletic website.](#)

Best regards,

Jim Demler, Athletic Director

St. Henry District High School