

GCJHS Summer Athletic Opportunities 2018

Before participating in any summer athletic opportunities, students must do the following:

1. Turn in a new athletic physical to the GCJHS office. The physical must be completed using the IHSAA physical form and be dated on/after April 1, 2018
2. Submit all required athletic paperwork through RankOne.
 - a. Use this link to start the process:
<https://www.rankonesport.com/Main/DistrictLookup.aspx>

*General athletic questions should be directed to Jeff Sincroft (Athletic Director) by calling the GCJHS office (through June 15) 317-477-4616 or emailing jsincroft@gcsc.k12.in.us. Information about other fall athletic opportunities will be available during registration in July.

There will be no contact between coaches and athletes, and no athletic activities, during the week of July 2-8. Activities will resume on July 9.

Volleyball:

- Workouts will be held in the GCJHS gym on Tuesdays and Thursdays from 1:00-2:30pm during June and July.
- 7th grade coach -- Heather Grigsby -- hgrigsby1@att.net
- 8th grade coach -- Katie Scott -- kscott@gcsc.k12.in.us

Football:

*All workouts below will take place in the weight room/other facilities at Greenfield-Central High School and begin on June 4.

- There will be 3 different offerings for workout times, Monday through Thursday. We will be in the weight room for an hour, and conditioning for up to an hour.
 - 6:00-8:00 am.....12:30-2:30 pm.....4:00-6:00 pm
- Each session will be the same, so athletes will only need to be at 1 of the three. We have offered these times to try to fit everyone's schedule.
 - If athletes want to come to more than one workout, there will be great accessory workouts to compliment the main workout.
- 7th grade coach -- TBA
- 8th grade coach -- Jeff Slunaker -- jeff.slunaker@roche.com

Boys' and Girls' Cross Country (Coach -- Mike Foster -- mfooster@gcsc.k12.in.us):

- Monday and Thursday morning running sessions -- 8:00-9:00am at GCJHS track
 - Begins June 11
 - Bring water or a sports drink
- Cross Country Camp
 - July 16-19 8:00-10:30am at Brandywine Park
 - Registration forms available at GCJHS, GIS, and MIS

Girls' Soccer (Coach -- Cathy Tram -- ctram@gcsc.k12.in.us):

- Monday/Wednesday weights (high school weight room) -- 6:00pm
 - Starting week of June 4
- Tuesday/Thursday workouts at the high school soccer field -- Time TBA
 - Starting week of June 4