

DWIGHT MORROW HS

HOME OF THE MAROON RAIDERS



AUGUST 2018 ATHLETIC SCHEDULE

- IN ORDER TO ENSURE STUDENTS TO BE MEDICALLY CLEARED TO PARTICIPATE ON THE START DATE FOR ALL FALL SPORTS, ALL PAPERWORK IN SPORTS PACKET MUST BE SUBMITTED TO THE ATHLETIC OFFICE OF DMHS BY WEDNESDAY, AUGUST 1, 2018.
- SPORTS PACKET CAN BE FOUND AND DOWNLOADED OFF DISTRICT WEBSITE (WWW.EPSD.ORG) SELECT: DWIGHT MORROW HS, FIND ATHLETICS TAB, ATHLETIC PARTICIPATION FORMS LOCATED ON THE BOTTOM OF PAGE.
- **FIRST DAY OF FOOTBALL PRACTICE: MONDAY, AUGUST 6, 2018**
- **FIRST DAY OF SOCCER, CROSS COUNTRY, GIRLS TENNIS & VOLLEYBALL TRYOUTS: MONDAY, AUGUST 13, 2018**
- THE ENGLEWOOD ATHLETIC DEPARTMENT UNDERSTANDS SUMMER IS USED AS TIME OFF FOR STUDENTS AND THEIR FAMILIES, HOWEVER STUDENTS WHO WISH TO PARTICIPATE IN A CERTAIN FALL SPORT MAY JEOPARDIZE THEIR OPPURTUNITY IF THEY DO NOT ATTEND TRYOUT DATES IN AUGUST.
- FOR ANY QUESTIONS REGARDING A SPECIFIC SPORT, PLEASE CONTACT THE HEAD COACH BY EMAIL. ANY SPECIFIC QUESTIONS REGARDING ATHLETIC DEPTARMENT OR PHYSICAL PROCESS, PLEASE CONTACT THE ATHLETIC DIRECTOR OR ATHLETIC TRAINER.
- CHANGES TO THE SCHEDULE MAY OCCUR

FALL 2018 HEAD COACHES DIRECTORY

FALL SPORT	HEAD COACH	EMAIL
FOOTBALL	Sean O'Connor	sean.oc@verizon.net
CHEER	Jill Romba	jromba@epsd.org
CROSS COUNTRY	Lisa Oden	loden@epsd.org
BOYS SOCCER	Matt Lawrence	mlawrence@epsd.org
GIRLS SOCCER	John LaRusso	jlarusso@epsd.org
GIRLS TENNIS	Jana Sperber	jsperber@epsd.org
VOLLEYBALL	Rachel Healy	rachel.healy04@gmail.com

FOOTBALL

WEEK #1

- August 6 (M) 8:00 – 11:00 am
- August 7 (T) 8:00 – 11:00 am
- August 8 (W) 8:00 – 11:00 am
- August 9 (TH) 8:00 – 11:00 am
- August 10 (F) 8:00 – 11:00 pm
- August 11 (S) 8:00 – 11:00 am
 - Location – W.W. Stadium

WEEK #2

- August 13 (M) 8:30 - 11:00 am / 2:00 – 4:30 pm
- August 14 (T) Scrimmage – Wood Ridge – 11:00 am
- August 15 (W) 2:00 – 4:30 pm
- August 16 (TH) 2:00 – 4:30 pm
- August 17 (F) 8:30 – 11:00 am / 2:00 – 4:30 pm
- August 18 (S) 8:00 – 11:00 am

WEEK #3 - TBA

WEEK #4 - TBA

CHEER

WEEK #1

- August 27 – 29 (M – W) 9:00 am – 12:00 pm
- August 30 (TH) 3:00 – 5:00 pm
 - Location – DMHS small gym

CROSS-COUNTRY - XC

WEEK #1

- August 13 - 17 (M - F) 8:30 – 10:30 am
 - Location – DMHS flag pole

WEEK #2

- August 20 – 24 (M - F) 8:30 – 10:30 am

WEEK #3 - TBA

BOYS SOCCER

WEEK #1

- August 13 (M) 8:00 – 10:00 am / 4:00 – 6:00 pm
- August 14 (T) 9:00 – 11:00 am
- August 15 (W) 9:00 – 11:00 am / 4:00 – 6:00 pm
- August 16 (TH) 9:00 – 11:00 am
- August 17 (F) 10:00 – 12:00 pm
- August 18 (S) 9:00 – 11:00 am
 - Location - AM @ DMHS / PM @ Stadium

WEEK #2

- August 20 (M) 9:00 – 11:00 am / 4:00 – 6:00 pm
- August 21 (T) 9:00 – 11:00 am
- August 22 (W) 4:00 – 6:00 pm
- August 23 (TH) 9:00 – 11:00 am
- August 24 (F) SCRIMMAGE – JV & V @ Hawthorne - 10:00 am
- August 25 (S) 9:00 – 11:00 am

WEEK #3 - TBA

GIRLS SOCCER

WEEK #1

- August 13 – August 17 (M – F) 5:30 – 7:15 pm
- August 18 (S) 10:00 – 11:30 am
 - Location – DMHS upper/grass field

WEEK #2

- August 20 – 22 (M – W) 5:30 – 7:15 pm
- August 23 (TH) Scrimmage - varsity only @ Wood-Ridge – 11:00 am
- August 24 (TH) 5:30 – 7:15 pm
- August 25 (S) Scrimmage @ Fort Lee – 10:00 am

WEEK #3 - TBA

GIRLS TENNIS

WEEK#1

- August 21 (T) 4:00 – 6:00 pm
- August 22 & 23 (W & TH) 10:00 am – 12:00 pm

WEEK #2

- August 28 & 29 (W – TH) 10:00 am – 12:00 pm
- August 30 (F) 3:30 – 5:30 pm

VOLLEYBALL

WEEK #1

- August 13 – August 18 (M – S) 9:00 am – 12:00 pm
 - Location – DMHS main gym

WEEK #2

- August 20 (M) 9:00 am – 12:00 pm
- August 21 (T) Scrimmage @ Roselle Park (Union County) – 10:00 am
- August 22 – 23 (W – Th) 9:00 am – 12:00 pm
- August 24 (F) Scrimmage @ ARTS HS (Newark) – 10:00 am
- August 25 (Saturday) 9:00 am – 12:00 pm

WEEK #3 - TBA