**2022-2023 HMSHS Athletic Information**

High School Athletic Director: **Coach Jason Collins**, collinsja@nassau.k12.fl.us

Middle School Athletic Director: **Mrs. Angie Jarrett**, jarrettan1@nassau.k12.fl.us

The **COMPLETED** athletic packet must be turned in before trying out for all sports.

Sport Coach First Day of Practice

Football Waylon Cox (Varsity) Aug 1st

 Carlous Hall (MS) Aug 1st

Cross Country Michael Wade

Swim boys and Girls Gay Williams Aug 2nd

Golf Boys and Girls Donald Walker Aug 2nd

Volleyball Daneisha Alderman (Varsity) Aug 1st

 Wanda Saunders(JV)

 Angie Jarrett (MS)

 Kearsten Holley (MS)

Soccer Jeremy Neidhart (HS boys) Oct 17th

 Nick Mirando (HS Girls)

 Jacob Gentz (MS soccer)

Sythna Johnson(MS soccer)

Girls Basketball Daneisha Alderman (Varsity) Oct 24th

 Kearsten Holley (JV)

 Marci Dillard (MS A Team)

 Brianti Saunders (MS B Team)

Boys Basketball Myron Saunders (Varsity) Oct 31st

 Dennis Walker (JV)

 Philip Smith (MS A Team)

 Joe Izsak (MS B Team)

Weightlifting Jason Collins (Varsity) Jan 9th

Tennis Paul Mizenko (Varsity) Jan 16th

Track/Field Gunnar Cox (Varsity) Jan 30th

 Wanda Saunders (Varsity)

 Angela Jarrett (MS)

Softball Mike Bryant (Varsity) Jan 23rd

 Bradley Vennard (MS)

Baseball Joe Perez (Varsity) Jan 23rd

 Kevin Bayless (MS)

Flag Football Carlous Hall (Varsity Girls) Feb 6th