

SUMMER CONDITIONING and TRY-OUT INFORMATION

CROSS COUNTRY:

Summer conditioning will conclude this week on Tuesday (7/21) and Thursday (7/23) from 7:30am – 9:00am on the Beacon Campus

Try-outs will be as follows:

July 27th thru July 31st: Monday thru Friday from 7:00am to 8:30am

August 3rd thru August 11th: Monday thru Friday from 6:00am to 7:30am

Starting August 14th thru the end of season, practices will be 5:15am to 7:00am

Questions? Please contact Coach Rullo at GRullo@goecs.org

SWIMMING:

Practices start on July 27 and run through the second week of November.

Practices are held at the Ft. Myers Aquatic Center (1750 Matthew Drive) Mon-Fri from 6:00am to 7:30am (scheduled to 7:30 but once school starts they are generally out to get ready for school by about 7:15 – there are full locker rooms at the pool.)

Questions? Please contact Coach Epps: ehrepps@gmail.com

VOLLEYBALL:

Try-outs for Middle School volleyball (grades 6-8) will be August 3 & 4th from 6:00pm to 8:00pm and August 5th from 2:00-3:30pm

Try-outs for JV/Varsity volleyball (grades 9-12) will be August 3rd thru the 5th from 3:30pm to 5:30pm

Questions? Contact Coach Anderson at JAnderson@goecs.org

FOOTBALL:

This is the last week for football conditioning:

Varsity football (9-12 grade) is Monday, Tuesday, Wednesday and Thursday from 7:00am to 9:15am. Conditioning will begin on the Colonial campus at 7:00am and will end by 9:15am on the Beacon campus. Athletes are responsible for their own transportation between the two campuses. The first official practice of the season is Monday, July 27th.

Questions? Please contact Coach Mitchell at MMitchell@goecs.org

Middle school conditioning (6-8 grade) is Tuesday, Wednesday and Thursday from 7:00 – 8:30am on the Beacon campus. The last day of conditioning will be this Thursday, July 23rd.

Middle School football tryouts will begin the week of July 27th. The schedule will be as follows:

Week of July 27th-31st: Monday thru Friday from 7:00am to 9:00am (initial tryouts)

Week of August 3rd-7th: Monday thru Thursday from 4:00pm to 5:30pm

Week of August 10th-14th: Monday thru Thursday 4:00pm to 5:30pm

Questions? Please contact Coach Washington at DWashington@goecs.org or Coach Mitchell at MMitchell@goecs.org

GOLF:

Varsity Golf (9-12 grade) will begin on Monday, July 27th. Eastwood will be our home course. Practices will take place each Monday and Wednesday at 4:00pm.

Questions? Please contact Coach May at MayJordan010@gmail.com

Middle school golf (6-8 grade) will hold open training opportunities on August 4th, 5th & 6th at 4:00pm. Try-outs will be August 18th, 19th & 20th at 4:00pm.

All practices/try-outs will be held at the Hideaway Country Club, just adjacent to the Beacon campus. Address is 670 Trailwinds Dr, Fort Myers, FL 33907

Questions? Please contact Coach Clark at robertclarkjr@pga.com