

All athletes must have their physical uploaded to Rankone and their Rankone forms completed on line before the first day of practice. Failure to complete physical and Rankone forms may result in removal of the sport.

Sport	Coach Name	Coach Contact Info	Tryout/or Anticipated start date	Season	Off Season	Overview
Football JV/Varsity	TJ Dibble	tjdibble@hebisd.edu	Freshman camp is July 22-25. July 29th first 9th practice. Aug. 5th first JV/Var practice.	1st Tri, 3rd period/after school	2nd Tri- 3rd period. 3rd Tri - 1st period	Very important to attend Summer Strength and Conditioning camp
Football Freshmen				1st Tri, 5th period/after school	2nd/3rd Tri. 5th period	
Volleyball Varsity	Tyese Little	Tyeselittle@hebisd.edu	Aug. 5th-7th	1st Tri. 7:30am - 1st period	2nd Tri- 4th period. 3rd Tri - 5th period	Volleyball tryouts are mandatory for team placements/cuts. Volleyball skills and open gym TBA during the summer. Volleyball Team Camp July TBA
Volleyball JV/9th				1st Tri. 5th/after school	2nd/3rd Tri. 5th period	
Cross Country Var/JV/9th	Brock Pembleton Marty Reeves	Brockpembleton@hebisd.edu Martyreeves@hebisd.edu	July 29th	1st Tri, 30am-7:30/5th period 6:	Track Class 5th period	Season is first Tri only. 6:30am-7:30am workouts or 5th period at Bell. If you play another sport you can still join. Summer voluntary workout to get ready on Tue/Thur 8:00am
Tennis Varsity / 9th	Nam Vu	NamVu@hebisd.edu	July 15th	1st and 3rd Tri. 5th/after school	2nd Tri. 5th/after school	Tennis has two season. One in the first Tri and one in the 3rd Tri.
Tennis JV				1st and 3rd Tri. 4th/after school	2nd Tri. 5th/after school	
Wrestling Var/JV/9th	Benjamin Shaw	Benjaminshaw@hebisd.edu	First week of school.	2nd Tri. 5th period	1st and 3rd Tri. 5th period	1st Tri - off-season 2nd Tri - wrestling season 3rd Tri - off season. All athletes that are not wrestling only join during the 2nd tri
Swimming Var/JV/9th	Jesse Barton	jessebarton@hebisd.edu	Hold a Tri out First of April on a Saturday. 2nd tryout first week of school.	2nd Tri. 5th/after school	1st and 3rd Tri. 5th/after school	All 3 tri's. Practice at TCC. You must have your own ride after practice. NOT SWIM LESSONS-MUST KNOW HOW TO SWIM
Gymnastics-men	Sean Sims	seansims@hebisd.edu	Attend their Summer Camp	2nd and 3rd Tri. 5th/after school	2nd and 3rd Tri. 5th/after school	All 3 Tri's. Practice at Penningtonand FEW. You must have your own ride after practice
Gymnastics-women	Debbie Williams	deborahwilliams@hebisd.edu		2nd and 3rd Tri. 5th/after school	2nd and 3rd Tri. 5th/after school	
Golf Var/JV/9th	David Hinson	davidhinson@hebisd.edu	Meet first day of school	1st/2nd/3rd Tri 5th period and after school.	Dec /Jan period 5th	Golf has two seasons. 1st/2nd and 3rd Tri.. Golfers must have a ride to and from golf cours or hitting range for team practices. Golfers will be busses to Tournaments.
Basketball Girls JV/Var	Andy Bloodworth	andybloodworth@hebisd.edu	First week of school. 2nd Tri out is after VB season.	2nd Tri. Var. 7:30am -1st p. JV 4th p. and after school.	1st and 3rd Tri. 1st period.	Skill workouts and open Gym during the summer dates TBA.
Basketball Girls 9th				2nd Tri 5th period and after school	1st and 3rd Tri 5th period	
Basketball Boys Var/JV	Scott Hyde	scotthyde@hebisd.edu	First week of school. 2nd Tri out is after FB season.	2nd Tri. Var. 3rd p. and after school 7:30am -1st period. JV	1st and 3rd Tri. 3rd p	Skill workouts and open Gym during the summer dates TBA.
Basketball Boys 9th				2nd Tri 5th period and after school	1st and 3rd Tri 5th period	
Soccer Girls Var/JV/9th	Corey Rolf	coreyrolf@hebisd.edu	First week of school. 2nd tryout 1st day after Thanksgiving Break	2nd and 3rd Tri. 5th p. and after school.	1st Tri. 5th period.	Fall offseason available to those who participated in the previous season and spring offseason.
Soccer Boys Var/JV	Marty Reeves	martyreeves@hebisd.edu	First week of school. 2nd tryout 1st day after Thanksgiving Break	2ndTri. 7:30am - 1st p. 3rd Tri. 5th p. and after school.	1st Tri. 6: 30am XC -1st period	Fall offseason available to those who participated in the previous season and spring offseason.
Soccer Boys 9th	Marty Reeves Franky Girau	martyreeves@hebisd.edu adolfgirau@hebisd.edu		2nd and 3rd Tri. 5th p. and after school.	1st Tri. 6: 30am XC -5th period	
Softball Var/JV	Thomas Shives	ThomasShives@hebisd.edu	First week of school. 2nd tryout 1/13 & 1/14	2nd and 3rd Tri. 5th period	1st Tri. 4th period	Beginning 2nd Tri, some morning weight workouts before school. Attend Summer camp/Fall ball and open field dates TBA
Softball 9th				2nd and 3rd Tri. 5th period	1st Tri 5th period	
Baseball JV/Var	Paul Gibson	Paulgibson@hebisd.edu	First week of school 2nd tryout January 20 & 21	2nd and 3rd Tri. 5th period	1st Tri. 4th period	Beginning 2nd Tri, some morning weight workouts before school. Fall ball and open field dates TBA
Baseball 9th				2nd and 3rd Tri. 5th period	1st Tri 5th period	
Track Boys Var/JV/9th	Jason Dibble	jasondibble@hebisd.edu	Season starts in January	3rd Tri. 5th period and after school.	1st Tri. 5th period.	Boys and Girls: If your not in another sport you are expected to be in off season Track first day of school. If your in another sport you can run track after school during the track season.
Track Girls Var/JV/9th	Neimon Terrell	neimonterrell@hebisd.edu				

Cheer JV/Varsity	Micki Hill	mickihill@hebisd.edu	February 7, 8 Tryout meeting at Trinity (MUST ATTEND ONE) February 9- Material Posted February 14- Optional Clinic February 15- Mock Tryouts February 16- Tryouts	1st Tri. 1st period 2nd and 3rd Tri 5th period		Fall or 1st Tri - Cheer Football/VB games and Pep Rallies. Winter or 2nd Tri - Competition season and basketball games. Spring or 3rd Tri. Spring Show and tryouts.
Cheer 9th				1st, 2nd and 3rd Tri. 5th period		