

June 1, 2022

Dear Cousino Parents & Students:

Cousino High School Athletic Department welcomes all returning **PATRIOTS** and the new **FRESHMAN, CLASS of 2026!** We are very proud of our school and the many programs we offer. During the school year, CHS students can choose from several different sport activities.

See [www.mhsaa.com](http://www.mhsaa.com) under *Cousino High School for game schedules*.

FALL	WINTER	SPRING
Cheerleading (Sideline)	Boys & Girls Basketball	Baseball
Boys & Girls Cross Country	Boys & Girls Bowling	Boys Golf
Dance	Cheerleading (Competitive)	Boys Lacrosse
Football	Dance	Girls Soccer
Boys Soccer	Boys Swim	Softball
Girls Swim	Wrestling	Girls Tennis
Boys Tennis		Boys & Girls Track
Girls Volleyball		

\*\*\*\*Physicals and completed eligibility packets are needed before participation in any athletics, make sure they are 100% complete. Packets are available at <http://cousinoathletics.wixsite.com/cousinoathletics/forms>, the Cousino Athletic Office, or from your team's coach.

Completed forms can be placed in athletic director's mailbox in the main office or slide under the Athletic Office door during the summer.

### **Information for Summer Activities and Fall Sport Tryouts**

Conditioning and summer activities prior to Aug 8<sup>th</sup> are NOT MANDATORY for participation!

*First day of official practice for **Football, Cross Country, Boys Soccer, Girls Swim, Boys Tennis, and Volleyball** is **August 8, 2022**.*

***Summer Dead Period is July 2- 8.** No organized athletic activities are permitted, including conditioning and weight lifting. Enjoy a family vacation!*

**PHYSICALS:** List of local physical dates hosted by Ascension available at: [https://026a987b-fdde-48e5-b2a7-8a9c740d0f71.filesusr.com/ugd/343630\\_c7849a4d5e854e2cbff3366f9de61ab9.pdf](https://026a987b-fdde-48e5-b2a7-8a9c740d0f71.filesusr.com/ugd/343630_c7849a4d5e854e2cbff3366f9de61ab9.pdf)

Our **COUSINO BOOSTER CLUB** continues to raise funds to benefit ALL of our students. They welcome your interest and involvement! Booster meetings are in the CHS Cafeteria - 7:00 pm - 2<sup>nd</sup> Monday of each month during the school year! Please attend and get involved!

**Cousino has Summer Camps in Swim, Basketball, Football, and Cheer at**

<http://www.wcskids.net/departments/public-relations/community/index.html>

If you are interested in obtaining more information about try-outs or our athletic programs, please call the **COUSINO ATHLETIC DEPARTMENT** at 586-698-4585t. Twitter announcements at @CousinoAthletic. Mandatory **Winter** sports practices will begin in November, **Spring** sports begin March 13<sup>th</sup>.

Forms for participation are available at <http://cousinoathletics.wixsite.com/cousinoathletics/forms>. **Announcements throughout the summer on Twitter on @CousinoAthletic.** Additional questions, call 586-698-4585. To get the most out of your high school years, all of us at Cousino HS want to see you involved in as many activities as possible. We are always striving to improve our athletic program for you and welcome your suggestions. I look forward to seeing all of you this fall for another great **PATRIOTS** year!

## **BASEBALL**

Baseball is a Spring Sports. For more details contact Kyle Gleason at [kgleason@wcskids.net](mailto:kgleason@wcskids.net).

## **BOYS BASKETBALL**

There will be open gym and weight room throughout the summer. Gym times to be determined based on Camp schedules. Please contact Coach Joe Kohl for more info. [jkohl@wcskids.net](mailto:jkohl@wcskids.net).

## **GIRLS BASKETBALL**

Grades 9-12: Adrian Team Camp 6/20-6/22 and Troy League 6/14-6/16  
4-player workouts/weight room/conditioning - on going through 6/5; prep for team camp/leagues thereafter.  
Contact Coach Amy Mitchell for details [amy.mitchell@macomb.gov](mailto:amy.mitchell@macomb.gov). Youth Camp August 1-3 9am-noon.

## **BOYS/GIRLS BOWLING**

For more details, please contact Dave Miller at [dmmdem@hotmail.com](mailto:dmmdem@hotmail.com).

## **CHEERLEADING**

Three Day Summer Camp @ Exho Grove August 6-8. For more information, coach contacts are: Alison Dean, [allisondean02@gmail.com](mailto:allisondean02@gmail.com) or 586-344-5104, or Karen Warznie, [Karen.warznie@yahoo.com](mailto:Karen.warznie@yahoo.com) or 586-922-8533.

## **BOYS/GIRLS CROSS COUNTRY**

Cross Country is running on Tuesdays and Thursdays from 9:00-10:00 in June and July except for the dead period. First official day of practice is August 8, 2022 at 7:30am @ Cousino. You must have physical before 1st practice. For more information call Coach Syswerda 586-489-7283. Runners can join the team Remind account by texting @paulkCC to 81010.

## **DANCE**

Tryouts have already taken place. If you are an incoming freshmen that missed tryouts, contact Coach Lisa Gibala at 586-383-1465 or [lgibalawarren@gmail.com](mailto:lgibalawarren@gmail.com).

## **FOOTBALL**

Football will be lifting through the summer Monday Tuesday Thursday 3-5 PM. Please contact Coach Gennette at [coachgennette@gmail.com](mailto:coachgennette@gmail.com)

## **GOLF**

Round up some golfers and play in the kids' league at Maple Lane this summer. For more information, contact Marilyn Clarke, [mclarke@wcskids.net](mailto:mclarke@wcskids.net)

## **BOYS SOCCER**

Boys conditioning will begin on Monday - July 11h from 4-5:30pm Mondays, Wednesdays, and Fridays. Meet on the stadium turf. Please bring: water, tennis shoes, and cleats/turfs. Tryouts are scheduled to start on August 8. Email Coach Knight with any questions at: [john@kern2.com](mailto:john@kern2.com) or 586-214-1884.

## **GIRLS SOCCER**

Girls Summer Soccer Training July 12th thru 14th for Girls 5th-8th grade 6pm to 8pm. For more information contact coach John Knight at [john@kern2.com](mailto:john@kern2.com) or 586-214-1884, No Cost.

## **BOYS/GIRLS SWIM**

Summer swim camp will be held at Sterling Heights high school from June 20th to July 28th for 8th-12th grade. For more information, click on the remind 101 link located on the Cousino High School athletics swim website page, or text "@swim-chs" to 81010. (Link to swim website: <https://cousinoathletics.wixsite.com/cousinoathletics/copy-of-boys-swim-dive> )

The start of girls swim season will be August 8th / 15th, 2022.

The start of boys swim season will be November 14th / 21st, 2022.

Contact Matt Bossuyt - [mbossuyt@wcskids.net](mailto:mbossuyt@wcskids.net) for more information.

## **BOYS TENNIS**

Mandatory Boys Tryouts begin Monday August 8<sup>th</sup>. More information and possible summer conditioning information contact Coach Katie Kennedy at [Kaktennis@yahoo.com](mailto:Kaktennis@yahoo.com).

## **VOLLEYBALL**

Tryouts begin August 8. Current contacts with questions are JV Coach Cindy Hison, [chison@wcskids.net](mailto:chison@wcskids.net), and 9<sup>th</sup> Grade Coach Lisa Pastorino, [lpastorino@wcskids.net](mailto:lpastorino@wcskids.net).

## **WRESTLING**

Contact Coach Bret Samyn at [bsamyn@wcskids.net](mailto:bsamyn@wcskids.net) for summer wrestling opportunities.