

# *Two Rivers High School*



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Brian Gallagher – Athletic Director  
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## **STUDENTS AND PARENTS:**

As the new athletic director at Two Rivers High School, I would like to address all of the students that will be athletes during the 2019-2020 school year. This is going to be done at the code meetings this summer. I will be covering some new items and make available new resources for athletes and parents. I will do everything in my power to enhance the programs we offer here in Two Rivers. Below are friendly reminders and information for all athletes.

**MANDATORY ATHLETIC CODE MEETINGS:** Each athlete and a parent must attend an athletic code meeting in order to participate in sports at TRHS. You should choose one of the three meetings below if you plan to participate in sports at any time during the 2019-2020 school year.

**MONDAY, JUNE 17<sup>TH</sup> -- TUESDAY, JULY 16<sup>TH</sup> -- SUNDAY, AUGUST 4<sup>TH</sup>  
7:00 P.M. in the TRHS Auditorium**

**PHYSICALS:** Each athlete must have a physical on file in the office in order to participate in athletics. Physicals are good for two years, so if yours has expired, Aurora is doing them at the high school. It is not required to have a physical through Aurora, but I encourage it because it helps the athletic program greatly.

**SUMMER WEIGHT TRAINING AND CONDITIONING:** Weight training and conditioning is must if you have the desire reach your athletic potential! Each athlete will have a different experience with conditioning, and the programs provided are geared toward each individual level. Show up at the high school weight room and join in.

One basketball Hall of Fame coach said it best: *“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important.”*

BOYS: 6:30 A.M. to 7:45 A.M. or 12:00 P.M. to 1:30 P.M.

GIRLS: 10:00 A.M to 11:30 A.M.

**SUMMER ACTIVITIES AND FALL REPORTING DATES:** Be sure to check the school athletics website for information on specific sport activities held in the summer as well as the reporting dates for our fall sports. Feel free to contact any of our coaches or me through email with any questions you may have. A list of those emails is on the back of this letter.

## **SPORT OFFERINGS AT TRHS:**

*Girls:* Cross country, tennis (co-op with Roncalli), volleyball, swimming (co-op with Roncalli), poms, basketball, track, soccer, softball.

*Boys:* Cross country, football, soccer (co-op with Roncalli), basketball, swimming (co-op with Roncalli), wrestling, track, tennis, golf, baseball.

## COACHES

Football	Kevin Shillcox	<a href="mailto:kevin.shillcox@trschoools.k12.wi.us">kevin.shillcox@trschoools.k12.wi.us</a>
Tennis (Girls) w/Roncalli		
Tennis (Boys)		
Swimming (Girls & Boys) w/Roncalli	Michele Horaitis-Foss	<a href="mailto:michele.horaitisfoss@trschoools.k12.wi.us">michele.horaitisfoss@trschoools.k12.wi.us</a>
Cross Country (Girls & Boys)	Amy Gallagher	<a href="mailto:amy.gallagher@trschoools.k12.wi.us">amy.gallagher@trschoools.k12.wi.us</a>
Basketball (Girls)		
Basketball (Boys)	Nick Spencer	<a href="mailto:nicholas.spencer@trschoools.k12.wi.us">nicholas.spencer@trschoools.k12.wi.us</a>
Wrestling	Ryan Hansen	<a href="mailto:ryan.hansen@trschoools.k12.wi.us">ryan.hansen@trschoools.k12.wi.us</a>
Track (Girls)	Amy Gallagher	<a href="mailto:amy.gallagher@trschoools.k12.wi.us">amy.gallagher@trschoools.k12.wi.us</a>
Track (Boys)	Scott Helling	<a href="mailto:scott.helling@trschoools.k12.wi.us">scott.helling@trschoools.k12.wi.us</a>
Softball	Kyle Feest	<a href="mailto:kyle.feest@trschoools.k12.wi.us">kyle.feest@trschoools.k12.wi.us</a>
Soccer (Girls)	Angie Havlichek	<a href="mailto:angie.havlichek@trschoools.k12.wi.us">angie.havlichek@trschoools.k12.wi.us</a>
Soccer (Boys) w/Roncalli	Dave Anschutz	<a href="mailto:david.anschutz@trschoools.k12.wi.us">david.anschutz@trschoools.k12.wi.us</a>
Golf (Boys)	Steve Rezachek	<a href="mailto:steve.rezachek@trschoools.k12.wi.us">steve.rezachek@trschoools.k12.wi.us</a>
Baseball		
Volleyball	Jeremy Otte	<a href="mailto:jeremy.otte@trschoools.k12.wi.us">jeremy.otte@trschoools.k12.wi.us</a>