

COHS Wolfpack Athletics



Welcome to Cosumnes Oaks High School

I would like to welcome you and your student athlete to Cosumnes Oaks High School for the 2020-21 school year. This newsletter is designed to give you and your student athlete a better understanding of our athletic program.

Becoming a student athlete is a privilege that many students enjoy at Cosumnes Oaks High School High School. Athletics can be a very positive experience as being a part of a team can create memories that can last a lifetime.

Cosumnes Oaks High School offers 16 varsity sports programs at Cosumnes Oaks. Our athletic program has been very successful on both the field of play and in the classroom. Many of our student-athletes earn academic awards and athletic accolades. If you have any questions feel free to email me at gsmith@egusd.net or leave a voicemail with our athletic office.

Sincerely,

George Smith

Athletic Clearance

At Cosumnes Oaks we use an online clearance process to clear our athletes. The website is www.athleticclearance.com

Students will need to create an account and upload a current physical after May 1st, 2020 for the School year of 2020-21. Also you can find the EGUSD physical form on the cohs.egusd.net under the Athletics page. If you have any questions about clearance. Please email George Smith @ gsmith@egusd.net Just remember that Fall Sports start in December of 2020. If you are interested in playing a Fall sport get cleared ASAP. Please always make 2 copies of the physical give one to the coach if they ask for it and keep one for your records.

Sports Starting Dates 2020-2021

Football, Cross Country -TBA
Boys & Girls Volleyball -TBA

Winter Sports Starting Dates

Boys & Girls Golf, Boys & Girls Tennis - TBA
Boys & Girl Soccer, Boys & Girls Wrestling, Boys & Girls Basketball - TBA

Spring Sports Starting Dates

Baseball, Softball, Boys & Girls Swimming & Diving TBA
Boys & Girls Track & Field -TBA

Cosumnes Oaks High School is a member of the California Interscholastic Federation (CIF) and the Delta athletic league.

COHS NO CUT SPORTS

Fall: Cross Country (Boys/Girls)

Winter: Wrestling (Boys/Girls)

Spring: Track & Field (Boys/Girls)

Delta League High Schools

Cosumnes Oaks
Davis
Elk Grove
Franklin
Jesuit/St. Francis
Pleasant Grove
Sheldon

Cosumnes Oaks High School
Athletic Office 916-683-7670
extension 40060

Cosumnes Oaks High School Coaching Directory

COHS Athletics Build Character

Research indicates a student involved in extracurricular activities has a greater chance of success during adulthood; therefore, our athletic programs have been established to increase the confidence of our students. Many of the character traits needed to be a successful are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes both you and your child's experience with the Cosumnes Oaks High School athletic program less stressful and more enjoyable.

Go Wolfpack!

COHS Summer Athletic Programs

At Cosumnes Oaks High School, many of our athletic teams run summer programs which you may want your child to participate in. Using the coaching directory to contact our coaches after June 1st, 2020 would be the most effective method of communication to ensure you and your student have all the necessary information about our summer athletic programs.

Summer programs allow new students to become accustomed to high school athletics; form new friendships; and meet our coaches. However, these programs are not mandatory for your student(s) to make an athletic team.

Last year our football, baseball, basketball (Boys/Girls), cross country, and girls volleyball had summer athletic programs.

Remember, that high schools athletics is a privilege and that participation in any summer program does not guarantee that your student(s) will make a team during the school year.

When CO wins, we all win!

Coaches Contact Info:

Athletic Director: George Smith gtsmith@egusd.net

Assistant AD: Martin Billings MBilling@egusd.net

Assistant AD: Drew Adams DBadams@egusd.net

Fall Sports:

Football: Andrew Bettencourt coachbettencourt@gmail.com

Cross Country: Amber Lassetter alasett@egusd.net

Girls Golf: esjspencer2000@yahoo.com

Cheer: Jerris Robinson: wjrob@gmail.com

Girls Volleyball: Lisa Fowkes cohswomensvolleyball@gmail.com

Girls Tennis: Chris Wall cwallapple@me.com

Winter Sports:

Boys Basketball: Sheridan Crite sheridan.crite@gmail.com

Girls Basketball: Patrick Roth PRoth@egusd.net

Wrestling: Jack Pfau jpfau@egusd.net

Boys Soccer: Matt Brauch socme10@yahoo.com

Girls Soccer: Emmanuel Vega emmanuelvega916@yahoo.com

Spring Sports:

Softball: TBA

Baseball: Mark Gwerder gwerder3@frontiernet.net

Swimming: Sara Vaughn cohswolfpackswim@gmail.com

Track: Mark Taylor mtaylor@egusd.net

Boys Golf: Bryan Dreyer bdreyer@egusd.net

Boys Tennis: Chris Wall cwallapple@me.com

Boys Volleyball: Hugo Cornejo



