

## Century High School - First Day of Practice Information - Please also check Century athletics website

School:	Century High School
Sport:	<b>Boys' Tennis</b>
First Day of Practice:	Monday, Aug. 10
Location:	Sertoma Courts
Time:	Varsity – 4-5pm – JV – 5:15-6:15pm
Parent Meeting:	July 30 <sup>th</sup> – 7:30pm
Coaches Name:	Michael Kapp
Coaches Phone #:	701-425-1383

School:	Century High School
Sport:	<b>Boys' Soccer</b>
First Day of Practice:	Monday, Aug. 3rd
Location:	Solheim
Time:	8:00 am & 6:30pm
Parent Meeting:	Aug. 27th 7:00 pm
Coaches Name:	Ryan Okerson
Coaches Phone #:	701-527-4908

School:	Century High School
Sport:	<b>Girls' Cross Country</b>
First Day of Practice:	Monday, Aug. 10th
Location:	Century High School
Time:	9:00am
Parent Meeting:	Aug. 12 - 6:00pm - CHS Auditorium
Coaches Name:	Teresa Hanson
Coaches Phone #:	701-527-2799

School:	Century High School
Sport:	<b>Volleyball</b>
First Day of Practice:	Monday, August 17
Location:	Century High School
Time:	V/JV 10-12:00PM, Sophomore 1-3:00 Freshmen 3:30-5:30PM
Parent Meeting:	August 24, 7:00PM
Coaches Name:	Jamie Zastoupil
Coaches Phone #:	701-730-5192

School:	Century High School
Sport:	<b>Girls' Golf</b>
First Day of Practice:	Monday, Aug. 10
Location:	Pebble Creek Golf Course
Time:	9 or 9:30
Parent Meeting:	Aug. 3 – 6:00pm CHS Auditorium
Coaches Name:	Jeff Rasmussen
Coaches Phone #:	701-460-0365

School:	Century High School
Sport:	<b>Girls' Swimming and Diving</b>
First Day of Practice:	Monday, August 17
Location:	Bismarck Aquatic and Wellness Center
Time:	8:30 am and 3:45 pm
Parent Meeting:	August 6 requesting one parent attend
Coaches Name:	Kathy Aspaas
Coaches Phone #:	701-721-7502

School:	Century High School
Sport:	<b>Boys' Cross Country</b>
First Day of Practice:	Monday, Aug. 10th Grade 9-12
Location:	Century (Coach Lies' Classroom) E106
Time:	8:00 AM
Parent Meeting:	Aug. 12th 6:00 pm -CHS Auditorium
Coaches Name:	Brad Lies
Coaches Phone #:	701-220-1519

School:	Century High School
Sport:	<b>Football</b>
First Day of Practice:	Monday, August 10 <sup>th</sup>
Location:	Century High School
Time:	8:00 AM - Grades 9-12
Parent Meeting:	Aug. 11 - 6:00pm (CHS Commons)
Coaches Name:	Ron Wingenbach
Coaches Phone #:	701-426-1779