

# 2018-19 Winter Sports Try-outs (rev. 10.31.18)

SPORT	PRACTICE BEGINS	LOCATION	COACH TO CONTACT
<b>BOYS BASKETBALL</b>	<p>November 5 – 1<sup>st</sup> Day of Practice Boys Basketball Try-out as follows: <b>Nov. 5:</b> FR/JV Level: 3:15 – 5:15 pm (main gym) Varsity Level: 7:15 – 9:15 pm (main gym) <b>Nov. 6: Election Day – Early in/Early out</b> FR/JV Level: 8:00AM – 10:00AM (main gym) Varsity Level: 10:00AM – 12:00 Noon &amp; 3:30 – 5:30 PM (main gym) <b>Nov. 7:</b> FR/JV Level: 3:15 – 5:15 pm (main gym) Varsity Level: 7:15 – 9:15 pm (small gym)</p> <p><i>*See Winter Practice times on Google Calendar on webpage -</i></p>	<p>All Freshman will try-out for Freshman All Sophomores will try-out for JV All Juniors and Seniors will try-out for Varsity Unless Coach Bentley has talked with the player trying out. Only Coach Bentley will then let the player know which level to try-out for. Meet in the main gym for try-outs! All players trying out must have his physical - no excuses!</p>	<p>Tony Bentley – <a href="mailto:Tony.bentley@apsva.us">Tony.bentley@apsva.us</a></p>
<b>CHEERLEADING</b>	<p>November 6, 7, 8 Nov. 5 – Café. – 4:30 pm – 6:30 pm Nov. 6 – No Tryouts on Election Day Nov. 7 – Rm. A-134 &amp; Café. – 4:30 – 6:30 pm Nov. 8 – Rm. A-134 – 4:30 – 6:30 pm Nov. 9 – Café./Town Hall – 4:30 – 6:30 pm</p>	<p>Need Current Physical dated after May 1, 2018 &amp; Proof of Medical Insurance</p>	<p>Tamar Willis - <a href="mailto:tamara.willis@apsva.us">tamara.willis@apsva.us</a></p>
<b>GIRLS BASKETBALL</b>	<p><b>Nov. 5:</b> FR/JV Level: 3:15 – 5:15 pm (small gym) Varsity Level: 5:15 – 7:15 pm (main gym) <b>Nov. 6: Election Day – Early in/Early out</b> FR/JV Level: 8:00 AM – 10:00 AM (Sm. gym) Varsity Level: 10:00 AM – 12 Noon &amp; 1:30 – 3:30 PM (Sm. gym) <b>Nov. 7:</b> FR/JV Level: 3:15 – 5:15 pm (small gym) Varsity Level: 5:15 – 7:15 pm (main gym)</p> <p><i>*See Winter Practice times on Google Calendar on webpage</i></p>	<p>November 5 – 1<sup>st</sup> Day of Practice. Turn in physicals to Ms. Kigin prior to November 5<sup>th</sup>. Wear athletic clothes and basketball shoes.</p>	<p>Marcia Richardson - Varsity <a href="mailto:Marcia.Richardson@apsva.us">Marcia.Richardson@apsva.us</a></p>

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<b>DANCE</b>	November 5 – Interest Meeting – Town Hall at 3:30 pm	TBA	Larenda.bigsby@apsva.us
<b>GYMNASTICS</b>	November 5 – practice begins Monday, Wednesday, Thursday at WL – 7-9 pm Nov. 5, 7, 8 – 7:00 – 9:00 PM at WL	Wednesday/Thursday – 7 to 9 pm @Washington-Lee. Tuesday Practices (Vault, Beam & Floor Routine) at Wakefield in the small gym – 3:30 -5 PM.	Nancy Nunez – <a href="mailto:njan411@gmail.com">njan411@gmail.com</a> <a href="mailto:Lindsey.Cowen@apsva.us">Lindsey.Cowen@apsva.us</a>
<b>INDOOR TRACK</b>	November 13 – 1 <sup>st</sup> Day of Practice Meet on the Track (weather permitting)	Daily – M-F at 3:15 pm to 6:00 pm. Meet in front of E-117 on the first day of practice. Monday practices will be held at TJMS beginning in December – 4-6 pm.	<a href="mailto:Adam.alderton@apsva.us">Adam.alderton@apsva.us</a>
<b>AIR RIFLE TEAM</b>	Contact coaches for schedule	Contact Coach Craig	
<b>SWIM/DIVE</b>	November 5 is first day of practice. Practice times are - 3:15 to 4:30 pm Nov. 5 – 3:15 – 4:30 pm Nov. 6 – no practice Nov. 7 – 9 – 3:15 – 4:30 pm	3:15 to 4:30 pm – practice at the Wakefield Pool Bring your own swim suits/goggles/towel/water bottle.	Dennis Burstein - <a href="mailto:dburstswim@aol.com">dburstswim@aol.com</a> Greg Campbell – <a href="mailto:Gregory.campbell@apsva.us">Gregory.campbell@apsva.us</a> Patrick Whelden – <a href="mailto:PWhelden@yahoo.com">PWhelden@yahoo.com</a> Barb Mahony – <a href="mailto:Barbara.mahony@apsva.us">Barbara.mahony@apsva.us</a>
<b>WRESTLING</b>	November 5 – 1 <sup>st</sup> day of practice – 3:30 – 6 pm Nov. 6 - 3:30 – 6:30 pm Nov. 7 – 3:30 – 6:30 pm Nov. 8 - 3:30 – 6:30 pm Nov. 9 – 3:30 – 6:30 pm <i>*See Winter Practice times on Google Calendar on webpage.</i>	Dress in athletic clothing, bring water bottles.	Jeff Humphries - <a href="mailto:Jeffrey.humphries@apsva.us">Jeffrey.humphries@apsva.us</a>

No Athlete can try-out with having a current physical dated on or after May 1, 2018. There are no exceptions! No physical, no try-out!