

2019 Spring Sports Try-outs (3-day minimum)

SPORT	Practice Begins/Location	Length of Try-outs/What to Bring? What to expect?	COACH TO CONTACT
Baseball	February 19 – follow Barcroft Park schedule	Proper shoes, water bottle, dress warm	Michael.ruck@apsva.us
Boys Lacrosse	February 19 – meet on stadium field at 5 pm – 6:30 pm	Proper shoes, sweats, and water bottles	Jerry.soesbee@apsva.us
Boys Soccer	February 19 - 22: For 9 th /10 th on stadium at 3:15 – 5 pm For 11 th /12 th on stadium at 6:30 – 8 pm	Soccer shoes and sweats, dress warm, water bottles	Eduardo.carrasquillo@apsva.us Celvin.sanchez@apsva.us
Crew	February 19 – meet basement level	Sweats, winter hats, sneakers, dress warm, water bottle	David.noyes@apsva.us Dantroop48@yahoo.com
Girls Lacrosse	February 19 – meet on stadium field at 4:30 pm – 6:30 pm	Proper shoes, sweats, and water bottles	Paola.aguilar@apsva.us
Girls Soccer	February 19 – meet on stadium field at 3:15 pm – 5 pm	Soccer shoes and sweats, dress warm, water bottles	Ashley.neal@apsva.us Karen.sible@apsva.us
Softball	February 19 – meet on softball field at 3:30 pm	Gloves, proper shoes, sweats, dress warm, water bottles	J_flea@msn.com
Track	February 25 – meet on track or basement level – 3:30 pm	Proper shoes, water bottle, dress warm	Adam.alderton@apsva.us
Boys Tennis	February 20 – meet on tennis courts at 3:30 pm	Tennis rackets, tennis shoes, sweats, water bottles, dress warm	TBA
Girls Tennis	February 19 – meet on tennis courts at 3:30 pm	Tennis rackets, tennis shoes, sweats, water bottles, dress warm	Julie.westcott@apsva.us

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!