

2019 Spring Sports Try-outs (3-day minimum) – revised 2.18.19

| 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.alderon@apsva.us |
| Boys Tennis | Sign up in town hall on Tuesday, Feb. 19 Practice begins on February 21 – meet on tennis courts at 4:00 pm Updated – 2/18/19 | Tennis rackets, tennis shoes, sweats, water bottles, dress warm | Head Coach – TBA Assistant Coach – Jackson.aleman@apsva.us |
| 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!