

The image features a light blue gradient background. In the center, the text "WAKEFIELD 2019/2020 WINTER SPORTS TRY-OUTS" is displayed in a bold, black, sans-serif font. The text is framed by a decorative border of black snowflakes of various sizes and designs, arranged in a circular pattern around the central text.

**WAKEFIELD 2019/2020
WINTER SPORTS TRY-OUTS**

BOYS BASKETBALL



- 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.

- **Nov. 11:**

- Varsity Level: 8:30 am – 10:30 am (main gym)
- FR/JV Level: 10:30 am – 12:30 pm (main gym)

- **Nov. 12:**

- FR/JV Level: 3:15 pm – 5:15 pm (main gym)
- Varsity Level: 7:15 pm – 9:15 pm (main gym)

- **Nov. 13:**

- FR/JV Level: 3:15 – 5:15 pm (main gym)
- Varsity Level: 5:15 – 7:15 pm (main gym)

❖ **All players trying out must have a physical – (dated after May 1, 2019)**

❖ **Contact Coach: Tony Bentley
Tony.bentley@apsva.us**

CHEERLEADING



- **Nov. 19:**
 - Café./Town Hall – 4:30 pm – 6:30 pm
- **Nov. 20:**
 - Café./Town Hall – 4:30 pm – 6:30 pm
- **Nov. 21:**
 - Café./Town Hall – 4:30 pm – 6:30 pm
- **Nov. 22:**
 - Café./Town Hall – 4:30 – 6:30 pm

❖ **Need Current Physical dated after May 1, 2019 & Proof of Medical Insurance**

❖ **Contact Coach: Tamar Willis
tamara.willis@apsva.us**

COLOR GUARD



- **Nov. 12:**

- 7:15 pm – 9:15 pm – (small gym)

- **Nov. 15:**

- 7:15 pm – 9:15 pm – (small gym)

- **Nov. 16:**

- 12:30 pm – 2:30 pm

GIRLS BASKETBALL



- Wear athletic clothes and basketball shoes.
- **Nov. 11:**
 - Varsity Level: 8:30 am – 10:30 am (small gym)
 - FR/JV Level: 10:30 am – 12:30 pm (small gym)
- **Nov. 12:**
 - FR/JV Level: 3:15 pm – 5:15 pm (small gym)
 - Varsity Level: 5:15 pm – 7:15 pm (main gym)
- **Nov. 13:**
 - FR/JV Level: 3:15 – 5:15 pm (small gym)
 - Varsity Level: 5:15 – 7:15 pm (small gym)

❖ **Turn in physicals to Ms. Kigin prior to November 11th**

❖ **Contact Coach: Jamar Hicks (Varsity)
coachhicks19@gmail.com**

DANCE



- **November 12 – Interest Meeting**

- Town Hall at 3:30 pm

Practice begins November 18

- Monday/Wednesday – 3:15 pm – 4:45 pm

❖ **Contact Coach:**

Farrah.johnson@apsva.us

Larenda.bigsby@apsva.us

GYMNASTICS



- Wednesday/Thursday – 7 to 9 pm @Washington-Liberty
- Tuesday Practices (Vault, Beam & Floor Routine) at Wakefield in the small gym – 3:30 -5:15 PM.
- **Nov. 11:**
 - NO PRACTICE!
- **Nov. 12:**
 - Practice begins at WK – Small gym, 3:15 – 5:00 pm
- **Nov. 13:**
 - 7:00 – 9:00 pm @WL
- Monday, Wednesday, Thursday at WL – 7-9 pm
- Tuesday Practices – at Wakefield 3:15-5:15 pm

❖ **Contact Coach:**

❖ **Nancy Nunez**

njan411@gmail.com

Lindsay.Cowen@apsva.us

INDOOR TRACK



- Practice Begins: November 12th
- Location: Track (weather permitting)
- Daily – M-F at 4:00 pm to 6:00 pm. Meet in front of E-117 on the first day of practice.
- Monday practices will be held at TJMS - TBD

❖ Contact Coach:

- ❖ Adam.alderton@apsva.us
- ❖ Giovonni.gifft@apsva.us
- ❖ Jordan.wright@apsva.us
- ❖ Keith.henning@apsva.us

AIR RIFLE TEAM



- Contact coaches for schedule

❖ Contact Coach:
Craig McGwier
wakefieldwarriorsrt@gmail.com

SWIM/DIVE



- 3:15 to 4:45pm – practice at the Wakefield Pool
- Bring your own swim suits/goggles/towel/water bottle.
- **Nov. 12:**
 - 3:15 pm – 4:45 pm
- **Nov. 13:**
 - 3:15 pm – 4:45 pm
- **Nov. 14:**
 - 3:15 pm – 4:45 pm

❖ Contact Coach:

- ❖ Dennis Burstein -
dburstswim@aol.com
- ❖ Greg Campbell –
Gregory.campbell@apsva.us
- ❖ Patrick Whelden
PWhelden@yahoo.com
- ❖ Dana Dye – email pending

WRESTLING



- Dress in athletic clothing, bring water bottles.
- **Nov. 11:**
 - 10:00 am – 12:00 pm
- **Nov. 12:**
 - 3:30 – 6:30 pm
- **Nov. 13:**
 - 3:30 – 6:30 pm
- **Nov. 14:**
 - 3:30 – 6:30 pm

❖ Contact Coach:

- ❖ Jeff Humphries -
Jeffrey.humphries@apsva.us
- ❖ Jackson Aleman
Jackson.aleman@apsva.us
- ❖ Bart Skiba
Bartosz.skiba@apsva.us



For Tryouts:

**Athletes need current physical
dated after May 1, 2019 and
proof of medical insurance!**