

# 2019 Fall Sports Tryout Information

Please email Head Coaches for accurate summer workout information.

There will be no workouts from Sunday June 30th - Sunday July 7th 2019 (VHSL Dead Week)

## Charlottesville High School

### Tryouts start on Monday, August 5th for all Fall Sports (*Football begins on August 2nd*)

1. **Current Physical on file** – Per the Virginia High School League (VHSL), students must have a current physical on file dated after May 1, 2019. The form must be on the official VHSL Physical Form. Forms can be downloaded from [gocville.org](http://gocville.org) by clicking on the “More” tab.
2. **Complete the online registration for 2019-2020** - Completing this online registration process will allow your coach, and the Head Athletic Trainer to access important information including medical and contact information. Your information will not be made public. If a student athlete has registered for athletics on the current school year, it should not be necessary to register again. ([Click Here for Link](#))
3. **Academic Eligibility** – The Virginia High School League (VHSL) requires that students pass a minimum of 5 classes each semester and continue to be enrolled in at least 5 classes each semester in order to be eligible to participate in interscholastic activities and athletics.
4. **Summer workouts** - Each program will conduct workouts a couple of times a week during the summer beginning the week of June 17, 2019. Workouts are not mandatory but are beneficial in helping the athletes prepare for the season. Please see the accompanying information below. Please contact Head Varsity Coaches to get added to distribution lists and receive up to date workout information.
5. **Timing** - Virginia High School League Fall sports usually start the last week in July or the first week in August for all public high schools in the state of Virginia. Please plan accordingly.

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*Head Varsity coaches are the primary point of contact for all levels of that sport!!!*

## ***Cheer: Head Coach - Pam Brown***

*brownp1@charlottesvilleschools.org*

Cheer Tryouts Starts: August 5th, 2019

*Tryout / Practice Time: 6:30pm to 8:30pm CHS Auxillary Gym*

## ***Cross Country: Head Coach Ray Ackenbom***

*Rayackenbom@gmail.com*

Cross Country Tryout Starts: August 5th, 2019

*Tryout / Practice Time: 5:00pm to 7:00pm Meet at Curtis Elder Track & Field Complex*

## ***Field Hockey: Head Coach Stephanie Tharp***

*CvilleHSFH@gmail.com*

Field Hockey Tryouts Starts: August 5th, 2019 - Meet at CHS Stadium Turf

*Tryout / Practice Time: 6pm to 8pm*

## ***Volleyball: Head Coach Calie Garrett***

*garretc1@charlottesvilleschools.org*

Volleyball Tryouts Starts: August 5th, 2019

*Tryout / Practice Time: 6:30pm to 8:30pm Meet at CHS Main Gym*

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## ***Football: Head Coach Eric Sherry***

***Eric.Sherry@charlottesvilleschools.org***

**Football Tryouts Starts: Friday August 2nd, 2019**

***Tryout / Practice Time: 7:00am to 11:30am Meet in CHS Auxillary Gym @ 7am / Practice on Stadium Turf***

## ***Golf: Head Coach Josh O'Grady***

***ogradyj1@charlottesvilleschools.org***

**Practice Begins  
August 5th**

**10:00am**

**Meadowcreek Golf Course**