

Frank W. Cox HS Fall 2018 Tryout Information

Sport	Competition Cheer
Head Varsity Coach Name	Chris Anderson/Casey Six
Preferred Contact method for the summer	Casey.Six@vbschools.com
Head JV Coach Name	n/a
Preferred Contact method for the summer	n/a
Tryout start date	July 30, 2018
Summer conditioning dates	Every Tuesday at 5:00 PM at FAME All-Stars. \$5 per class.

Sport	Sideline Cheer
Head Varsity Coach Name	Sarah Grady
Preferred Contact method for the summer	Sarah.Grady@vbschools.com
Head JV Coach Name	Kymeisha Jefferson
Preferred Contact method for the summer	ka.meeesh@aol.com
Tryout start date	June 12, 2015 5PM
Summer conditioning dates	

Sport	Football
Head Varsity Coach Name	William Stachelski
Preferred Contact method for the summer	757-650-9092
Head JV Coach Name	Brandon Smith
Preferred Contact method for the summer	
Tryout start date	July 26, 2018
Summer conditioning dates	Monday, Tuesday, Thursday 3-5PM

Sport	Golf
Head Varsity Coach Name	Brian Allard
Preferred Contact method for the summer	Brian.Allard@vbschools.com
Head JV Coach Name	n/a
Preferred Contact method for the summer	n/a
Tryout start date	July 30, 2018
Summer conditioning dates	n/a

Sport	Boys & Girls Cross Country
Head Varsity Coach Name	Lanny Doan
Preferred Contact method for the summer	LannyDoanXCTF@gmail.com
Head JV Coach Name	n/a
Preferred Contact method for the summer	n/a
Tryout start date	August 1, 2018 8:30 AM First Landing State Park
Summer conditioning dates	July 9-July 31 M-F, 8:30 AM First Landing State Park

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Sport	Field Hockey
Head Varsity Coach Name	Taylor Rountree
Preferred Contact method for the summer	taylor.rountree@vbschools.com
Head JV Coach Name	Cyndi Hiltz
Preferred Contact method for the summer	
Tryout start date	July 30, 2018
Summer conditioning dates	Start June 18 th , Mon-Thursday Mondays – Cox Tuesdays – Turf Wednesdays – Yoga at Bamboo and Cox Thursdays – Turf *changes to schedule are possible and dependent on weather

Sport	Boys Volleyball
Head Varsity Coach Name	Mariellen Gero
Preferred Contact method for the summer	coxboysvolleyball@gmail.com
Head JV Coach Name	n/a
Preferred Contact method for the summer	n/a
Tryout start date	July 30, 2018
Summer conditioning dates	n/a

Sport	Girls Volleyball
Head Varsity Coach Name	Tracey Thompson
Preferred Contact method for the summer	traceycopley3@yahoo.com
Head JV Coach Name	n/a
Preferred Contact method for the summer	n/a
Tryout start date	July 30, 2018
Summer conditioning dates	email Coach for specifics