

## Fall Sports Summer Conditioning and Tryout Schedule 2017

Sport	Coach/Contact Info.	Tryouts Begin	Time	Location
Competitive Cheer	Chris Anderson <a href="mailto:wildKrhackin1868@hotmail.com">wildKrhackin1868@hotmail.com</a>	July 31	12:00-3:00 PM	Gym
Sideline Cheer (Varsity & JV)	Casey Six/Rachel Haywood <a href="mailto:Casey.Six@vbschools.com">Casey.Six@vbschools.com</a> Kymeisha Jefferson	<i>Tryouts already occurred.</i>		
Cross Country	Lanny Doan <a href="mailto:Roland.Doan@vbschools.com">Roland.Doan@vbschools.com</a>	August 1	8:30 AM	First Landing State Park
Field Hockey	Taylor Rountree <a href="mailto:Taylor.Rountree@vbschools.com">Taylor.Rountree@vbschools.com</a>	July 31	7:00-9:00 AM	Regional Training Center Field 1
Football	Bill Stachelski <a href="mailto:William.Stachelski@VBSchools.com">William.Stachelski@VBSchools.com</a>	July 27	1:00-3:30 PM 4:30-6:30 PM	Cox HS practice field
Golf	Brian Allard <a href="mailto:Brian.Allard@vbschools.com">Brian.Allard@vbschools.com</a>	Aug. 7 & 8	8/7 – 12:00 PM 8/8 – 12:40 PM	8/7 – Kempsville Greens 8/8 – Red Wing
Boys' Volleyball	Mariellen Gero <a href="mailto:mariellen.gero@att.net">mariellen.gero@att.net</a>	July 31	10:30-12:30 PM	Gym
Girls' Volleyball	Tim Maynard <a href="mailto:Coxvball16@gmail.com">Coxvball16@gmail.com</a>	July 31	8:00-10:15 AM	Gym

**Summer Conditioning Information (the summer dead period is July 2-8. There will not be any activities this week.)** Field Hockey –

**Cross Country** – Beginning July 10<sup>th</sup>, 8:30 AM at First Landing State Park. Meet in the parking lot to the right of the entrance station. Every weekday, rain or shine. Wednesdays are at Mt. Trashmore, meet at Kids Cove. Required time trials to make the team. Boys 2 miles in 15:00 and girls 2 miles in 18:00.

**Field Hockey** – Contact Coach Rountree for the specific schedule as it moves between Cox HS and the Regional Training Center.

**Football** – visit [www.coxfootball.com](http://www.coxfootball.com) for specific conditioning information.

*MUST HAVE A COMPLETED SPORTS PHYSICAL DATED AFTER MAY 1, 2017 ON FILE PRIOR TO FIRST PARTICIPATING IN CONDITIONING OR TRYOUTS!*