

## 21 FALL SPORT INFO

Optional Summer practice opportunities  
& FALL TRY-OUTS



## TRY-OUT INFORMATION

Must have a current physical on  
file dated since May 1, 2021

### HEAD COACH & CONTACT INFO

### OPTIONAL SUMMER OSP

**No workouts**

**7/3-7/11**

(VHSL Dead Period)

### 1st DAY OF TRY-OUTS

Where & what  
time do I show up?

### PRE-SCHOOL PRACTICE SCHEDULE

(CLASSES BEGIN: Mon, 8/23)

#### BOYS CROSS COUNTRY

Chris Alba-Cantone  
ccantone@k12albemarle.org

Starts 7/8 - 8/28  
M-W-F @ Panorama  
Farms; 6:45-8:00am

Monday, August 2  
6:30am-8:30am  
AHS FIELD HOUSE

**Panorama Farms  
6:30-8:30am**

#### GIRLS CROSS COUNTRY

Cathy Coffman  
ccoffman@k12albemarle.org

Starts 7/8 - 8/28  
M-W-F @ Panorama  
Farms; 6:45-8:00am

Monday, August 2  
6:30am-8:30am  
AHS FIELD HOUSE

**Panorama Farms  
6:30-8:30am**

#### JV/V FOOTBALL

Brandon Isaiah  
bisaiah@k12albemarle.org  
ahspatsfootball@gmail.com

Starts 6/28 - 8/27  
Mon, Tues, Thurs  
6-8:00pm @  
AHS Field House

Thursday, July 29  
8:30am-2:30pm  
AHS Field House

**AHS TURF  
8:30am-2:30pm**

#### JV/V CHEER

Jen Lamb  
varsitycoach@gmail.com

NONE

Monday, August 2  
5:45pm at AHS Multi-  
purpose Room

**5:45-7pm at AHS Multi-  
purpose Room**

#### FIELD HOCKEY

Brittany McElheny  
bmcelheny@k12albemarle.org

Tuesday's only  
5-6:30pm @ AHS Turf  
7/13, 7/20, 7/27

Monday, August 2  
AHS TURF 4-6:15pm

**AHS TURF  
4-6:30pm**

#### GOLF

Ian Lyons  
ilyons@k12albemarle.org

NONE

Thursday, July 29;  
2:30pm;  
Meet @ Birdwood GC

**2:30pm @ Birdwood GC**

#### JV/V VOLLEYBALL

Lance Rogers  
rogersvb@comcast.net

Starts 6/29-7/27;  
6-7:30pm @ AHS Small  
Gym; Tuesdays &  
Thursdays

Monday, August 2  
AHS BIG GYM  
4-7pm

**Starting Thurs, August 5  
Varsity starts 9-Noon;  
JV starts 4:30-6:30pm**