

Winter 2024 Tryout / Week 1 Schedules

SIDELINE CHEER

Where to Meet: Gym Back Court

What to Wear/Bring:

Coaches: *Alyssa Verastegui*, averastegui1@fcps.edu

Kayla Evans, kdevans@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
<p>*NO SCHOOL*</p> <p>Tryouts 9:00a-12:00p Gym - Back Court</p>	<p>Tryouts 9:00a-12:00p Gym - Back Court</p>	<p>Tryouts 9:00a-12:00p Gym - Back Court</p>	<p>Varsity Stunt Camp 10:00a-3:00p</p>	<p>JV & Varsity Stunt Camp 10:00a-3:00p</p>	<p>JV & Varsity Stunt Camp 10:00a-3:00p</p>

BOYS BASKETBALL

Where to Meet: Gym

What to Wear/Bring:

Head Coach: *Brian Metress*, bcmctress@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
<p>*NO SCHOOL*</p> <p>Tryouts Freshman 9:00-11:00 am</p> <p>JV/Varsity 12:30-2:30 pm</p>	<p>Tryouts Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p>	<p>Tryouts Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p> <p><i>*1st Cuts</i></p>	<p>Tryouts Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p> <p><i>*2nd Cuts</i></p>	<p>Practice 8:00-10:00 am</p>	<p>Practice 8:00-10:00 am</p>

GIRLS BASKETBALL

Where to Meet: Gym Lobby

What to Wear/Bring: Tryout Card & Water Bottle

Head Coach: Liz Reed, zareed1@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
<p>*NO SCHOOL*</p> <p>Tryouts 11th-12th Gr. & V/JV Returners 6:15-8:00pm</p> <p>All Other 9th-10th Gr. 5:30-7:00pm</p>	<p>Tryouts All Grades 5:30-8:00 pm</p>	<p>Tryouts All Grades 5:30-8:00 pm</p> <p><i>*1st Cuts</i></p>	<p>Tryouts / Practice TBA 5:30-8:00 pm</p>	<p>Tryouts / Practice TBA 5:30-8:00 pm</p>	<p>Practice Varsity 8:00-10:00 am</p> <p>JV/F 12:00-2:00 pm</p>

GYMNASTICS

Where to Meet: Cafeteria (Window Side)

What to Wear/Bring: Tryout Card, Leotard & Shorts

Head Coach: Michael Cooper, mccooper@fcps.edu

MON	TUE	WED	THU	FRI
11/11	11/12	11/13	11/14	11/15
<p>*NO SCHOOL*</p>	<p>Tryouts 3:00-5:00pm</p>	<p>Tryouts 3:00-5:00pm</p>	<p>Tryouts 3:00-5:00pm</p>	<p>Practice 3:00-5:00pm</p>

INDOOR TRACK

Where to Meet: Stadium

What to Wear/Bring: Tryout Card, Pants (to warm up in) & Water Bottle

Head Coach: Givon Holmes, gsholmes@fcps.edu

MON	TUE	WED	THU	FRI
11/11	11/12	11/13	11/14	11/15
NO SCHOOL Practice 10 am - 12 pm	Practice 3:30-5:30 pm	Practice 3:30-5:30 pm	Practice 3:30-5:30 pm	Practice 3:30-5:30 pm

RIFLE TEAM

Where to Meet: 14708 Mount Olive Road, Centreville, VA 20121

What to Wear/Bring:

Head Coach: Brian Leppert, bleppert@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
NO SCHOOL Tryouts 9:00-11:00 am JV/Varsity 12:30-2:30 pm	Tryouts Freshman 8:00-10:00 am JV/Varsity 10:30-12:30 pm	Tryouts Freshman 8:00-10:00 am JV/Varsity 10:30-12:30 pm <i>*1st Cuts</i>	Tryouts Freshman 8:00-10:00 am JV/Varsity 10:30-12:30 pm <i>*2nd Cuts</i>	Practice 8:00-10:00 am	Practice 8:00-10:00 am

SWIM & DIVE

Where to Meet: Audrey Moore Rec Center

What to Wear/Bring: Tryout Card, Pool Attire & Towel

Head Coach: Liz Moore, eamoore1@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
<p>*NO SCHOOL*</p> <p>Tryouts</p> <p>Swim & Dive 3:30-4:30 pm</p>	<p>Tryouts</p> <p>Swim & Dive 3:30-4:30 pm</p>	<p>Tryouts</p> <p>Swim ONLY 3:30-4:30 pm</p>	<p>Tryouts</p> <p>Swim & Dive 3:30-4:30 pm</p>	<p><i>*Cuts</i></p>	

WRESTLING

Where to Meet: Wrestling Room

What to Wear/Bring:

Head Coach: Joseph Ibanez, jfibanex@fcps.edu

MON	TUE	WED	THU	FRI	SAT
11/11	11/12	11/13	11/14	11/15	11/16
<p>*NO SCHOOL*</p> <p>Tryouts</p> <p>Freshman 9:00-11:00 am</p> <p>JV/Varsity 12:30-2:30 pm</p>	<p>Tryouts</p> <p>Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p>	<p>Tryouts</p> <p>Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p> <p><i>*1st Cuts</i></p>	<p>Tryouts</p> <p>Freshman 8:00-10:00 am</p> <p>JV/Varsity 10:30-12:30 pm</p> <p><i>*2nd Cuts</i></p>	<p>Practice</p> <p>8:00-10:00 am</p>	<p>Practice</p> <p>8:00-10:00 am</p>