

2009-2010 Athletic Programs at Kempsville High School

5/21/2009 2:01 PM

Student Activities Coordinator - Dr. Carol R. Chory, CMAA **Assistants** - T. Wolf, CMAA, Kristin Knott
Athletic Trainer - Marti Mansfield

Date for 2009 - 2010 Physicals – June 16, 2009 for \$10

Girls at 4:30 and boys at 5:00 p.m. in the gym

ANYONE TRYING OUT FOR CHEERLEADING, ATHLETIC TEAMS OR PARTICIPATING IN A SUMMER CONDITIONING PROGRAM MUST HAVE A PHYSICAL ON FILE IN THE SAC OFFICE DATED AFTER MAY 1, 2009. GET UPDATED TRYOUT INFORMATION FROM THESE WEB SITES -

www.kempsvillehs.vbschools.com or www.highschoolsports.net and go to Kempsville HS call 648-5471

Summer Conditioning Programs - Week of June 15 – July 31

Football Conditioning Program – June 22 – July 29 M - Th 9-11:00 AM (8th graders can start after graduation). Meet in the weight room with football coaches. FB camp July 13-16. Contact Harold.Johnson@vbschools.com

Girls Basketball/Weight Training – Times: Wed. 6:30 PM and Sat/Sun at noon. Greg.dunn@vbschools.com.

Boys Basketball – Check with Coach for summer camps/leagues email coach Steve.Loder@vbschools.com.

Open Gym – Mon., Tues., Thurs. 6-8:00 PM (8th graders can start after graduation)

Softball – July 26 – Aug. 27 Mon, Wed. Thurs 10:00 – 1:00 PM (10-11 in weight room) edspruill@verizon.net

Cheerleaders – There will be a JV and varsity sideline squad and a competitive squad. Conditioning Mon. 4:00 – 5:00 PM @ FAME . Contact Coach Edwards @ CoachCassidyKHS@gmail.com

Field Hockey – Summer conditioning. Contact Coach Hitchings Sarah.Hitchings@vbschools.com

Girls Volleyball - Conditioning Wed. 5-6:30 PM – check for additional information @ www.highschoolsports.net

Tryouts for Fall Sports Teams - Starting Dates, Times and Coaches – Parent Athlete Info. Night Aug. 6th

Fall sports – May start on **August 3, 2009** - updates on www.kempsvillehs.vbschools.com or www.highschoolsports.net

Cheerleading – Aug. 3rd 8-12 and Aug. 4th 8-10 Aug. 5th 7:30 - 12 C. Edwards, T. Nixon, E. Szymczak, M. Dorsett

Cross Country – Wed. Aug. 5th (Boys & Girls) - at 9:00 AM at Kid's Cove picnic shelter.....K. Tata

Field Hockey – Aug. 3 at 8:00 - 11:00 AM (Email Sarah.Hitchings@vbschools.com).....S. Hitchings

JV Field Hockey – Aug. 3 at 8:00 - 11:00 AME. Sutton

Football – Aug. 3 - 6:30 AM Email Harold.Johnson@vbschools.comD. Johnson (Head Varsity Coach)

JV Football – Aug. 3 - 6:30 AM . J. Fanning, J. Molineaux., J. Paddyfoot, T. Spruill, G. Wetmore (Asst Coaches) & K. Vann

Golf – Aug. 3 at Noon at Kemps. Greens (Email Michael.Polychroni@vbschools.com)M. Polychroni

Boys Volleyball – Aug.3 at 9:00 AM – 12 Noon (Email Bill.Reeves@vbschools.com)..... B. Reeves

Girls Volleyball – Aug. 3rd 4 PM Cond. starting March '09 on Wed. 5-6:30 (robert.w.hale1@navy.mil)R. Hale

Tryouts for Winter Sports Teams - Starting Dates, Times and Coaches

Start on **November 16, 2009** - updates on www.kempsvillehs.vbschools.com or www.highschoolsports.net

Boys Basketball (Also summer league & April start wt. room training T/Th 2:30 – 3:30 PM) (Times vary)..S. Loder

Boys JV Basketball (Practice sites & times may vary) (Email Steve.Loder@vbschools.com) TBD

Girls Basketball (Practice sites & times may vary (Email Greg.dunn@vbschools.com).....G. Dunn

Girls JV Basketball (Practice sites & times may vary)..... B. Thomas

Gymnastics (Email Lauren.Knott@vbschools.com) L. Knott

Indoor Track (Boys & Girls) Conditioning starts 3rd week in Oct (Email Tim.Wolf@vbschools.com)..... T. Wolf

Swimming (Boys & Girls at 2:30 at Kemps. Rec.) Email Kristin.Knott@vbschools.comK. Knott

Wrestling (email Sean.Early@vbschools.com)S. Early

JV Wrestling..... TBD

Tryouts for Spring Sports Teams - Starting Dates, Times and Coaches

Start on **February 22, 2010** - see updates on www.kempsvillehs.vbschools.com or www.highschoolsports.net

Baseball (Meeting in Sept. for tryouts for fall baseball/Cond. in Nov. – Feb. T/Th 2:30 – 3:30 PM).....J. Cinnamon

JV Baseball (Email Varsity Coach - John.Cinnamon@vbschools.com) J. Chowns

Boys Soccer (Meeting in Oct./Optional Indoor in Dec. – Feb./Weights Dec. – Feb.) TBD

Boys JV Soccer (Meeting in Oct./Optional Indoor in Dec. – Feb./Weights Dec. – Feb.).....M. Harrell

Girls Soccer (Meeting in Oct./Optional Indoor Jan – Feb./Weights Nov. – Feb. L. Tucei

Girls JV Soccer (Email Lauren.Tucei@vbschools.com) P. Krekorian

Softball(Meeting in Oct./Optional conditioning July – Aug. M/W/F 10-1:00 - Email above)... D. Spruill & J. Nixon

JV Softball (Meeting in Oct./Optional conditioning starting in Oct.) M. Brinton

Boys Tennis - 2:15 – 4:30 PM (Email - BuffingtonRM@aol.com)R. Buffington

Girls Tennis – 2:15 – 4:30 PM (Email - Rebekah.Walsh@vbschools.com) R. Walsh

Track (Boys) -Email – (Email Tim.Wolf@vbschools.com) T. Wolf, K. Warren

Track (Girls) – Email (Email Donna.Tata@vbschools.com) K. Tata, G. Wetmore