

Sport	Conditioning Times	Dates	Location	Try Out Information and Contacts
Girls' Volleyball	5:00 p.m. – 7:00 p.m.	June 19, 21, 26, 28 July 10, 12, 17, 19, 24, 26	Main Gym FCHS	Tryouts begin July 30, 2018 Team website address: www.fcladypatriotsvb.teampages.com Coach contact: emagula@verizon.net
Boys' Volleyball	Saturdays 9:00 a.m. – 11:00 a.m.	6/16/18 to 7/28/18	Main Gym FCHS	Tryouts begin July 31, 2018 Remind Code: text @fcbvwork18 to 81010 Coach contact: matthew.hotaling@vbschools.com
Football	9:00 a.m. – 11:00 a.m.	Starting June 18 th - Every Monday - Thursday	Football Field FCHS Weight Room	Tryouts begin July 30, 2018 @ 7:00 a.m. Coach contact: carlos.martinez@vbschools.com
Field Hockey	Please email Coach Schleicher for a complete summer workout calendar		Regional Training Center turf fields and Orange Theory Fitness	Tryouts begin July 30, 2018 9:00 a.m.-11:00 a.m. Regional Training Center Turf Fields Coach contact: Beanie.schleicher@vbschools.com Or 757-675-5678
Girls' Basketball	Wednesdays	4:00 – 5:30 p.m.	Main Gym FCHS	Coach contact: Christina.stepanovich@vbschools.com
Cross Country	See links to summer workout schedule			Tryouts begin August 6, 2018 8:00 a.m. on the FC Track Coach contact: Scott.stubbe@vbschools.com   FC Cross Country Summer Workout A. FC Cross Country Summer Workout B.
Competition Cheer		6/7/18 2:45-4:00 6/11/18 2:45-4:00 6/26/18 2-4 pm 7/13/18 9-11 am	Small Gym FCHS	Tryout Dates July 30,31 Aug 1, 2018 5-7pm Coach contact: Amanda Beery amandaleighfcc@gmail.com ncscheercoach@icloud.com
Sideline Cheer (Varsity and JV)				Try Outs - June 18 and June 19, 2018 9:00 a.m. to 1:00 p.m. FCHS Small Gym nona.kelly@vbschools.com

*Dead Period – July 1 -7, 2018. No contact for any sport.

*Dead Period – Fall Sports July 26 – August 4, 2018. No contact for winter or spring sports.

ALL PARTICIPANTS IN SUMMER CONDITIONING MUST HAVE A CURRENT VHSL PHYSICAL ON FILE AT FCHS