

**Tryout Schedules
Fall 2021 Sports**

Cheerleading – Head Coach – Theresa Hayman – tmhayman@fcps.edu

Tryouts - August 2nd, 3rd, and 4th
3:30 PM - 7:00 PM
Main Gym
All Levels

Football – Head Coach – Said Aziz - seaziz@fcps.edu

Varsity/JV

August 2nd - 7th
7:00 AM - 9:30 AM
11:00 AM - 1:30 PM
Meet at the Stadium Concession Stand

Freshman

August 9th
4:00 - 6:00 PM
Meet at Stadium Concession Stand

Cross Country – Head Coach – Danny Howick – ddhowick@fcps.edu

Try Outs – August 2, 2021
8:00 AM - 10:00 AM
Meet at the Stadium Concession Stand

Field Hockey – Head Coach – Chuck Cirino – chuckc221@verizon.net

Try Outs – August 2nd - 5th with two a day sessions
All Levels
7:30 AM - 9:30 AM
11:00 AM - 1:00 PM
Upper Turf Field

Golf – Head Coach – John Terrien – jrterrien@fcps.edu

Try Outs - July 29th
All Levels - Pohick Golf Course
Time: 2:00 PM
Meet at the putting green outside of the Clubhouse. Any questions, contact Coach Terrien at jrterrien@fcps.edu

Pohick Golf Course
10301 Gunston Rd
Lorton, VA 22079

Volleyball – Head Coach – Ric Licardo – 2coachric@gmail.com

Try Outs begin August 2nd thru August 6th
Freshman - 8:00 AM - 11:00 AM
10th Grade - 12th Grade - 1:00 PM - 4:00 PM
Main Gym

Dance Team

Try Outs – TBD

All Athletes must have the following complete in order to try out:

1. A VHSL Physical on file dated after May 1, 2021 – [Here](#) is the link to the new physical form. **This form must be used.**
2. **Athletes MUST be registered** at the following site:

<https://hayfieldsecondary-ar.schooltoday.com/>

This site is where you will complete concussion education and emergency contact information

All Athletes must:

Always wear a mask when not engaged in physical activity

Bring a minimum of 32 oz of water

Leave as soon as the tryout is over. No socializing is allowed

If you are experiencing illness symptoms of any kind, please stay home!