

ARLINGTON CATHOLIC 2022 FALL TRYOUT SCHEDULE

****All Athletes should bring their own personal Water Bottle**

GOLF (BOYS & GIRLS)

Coach **Rob Sarmiento**: rsarmiento@achs.net

Tryouts at Newton Commonwealth Golf Course the 22nd, 23rd, and 24th of August.

Tee times start at 11 am, must be at the course by 10:30 am.

All players must have their own equipment and be in appropriate golf attire otherwise they cannot try out.

All players trying out **must** contact Coach Sarmiento by email no later than **August 12th**. An email will be sent after the 12th with tee times and more information.

CROSS COUNTRY (BOYS & GIRLS)

Coach: **Chris Simpson** cfsimpi68@yahoo.com

AC Boys and Girls Cross Country will start on August 22nd.

Our practice times for those two weeks leading up to the first day of school will be 2:45-4:30pm. We will meet in the AC Cafeteria the first practice

VOLLEYBALL

Coach Mae Driscoll: maedriscollo@gmail.com

Athletes should come to tryouts dressed in athletic clothing, sneakers, with hair tied back and kneepads, if preferred. The gym will be hot – bring plenty of water.

Athletes should plan to attend all of the assigned sessions. ACVB does not make cuts at the Freshmen level. However, if an athlete cannot attend all assigned sessions, without an excused absence from Coach Driscoll, that athlete may not be considered for an upper-level team. Please contact Coach Driscoll (accougarvolleyball@gmail.com) with questions.

Monday, August 22

8:30-12:00: SOPHOMORES, JUNIORS AND SENIORS (gym doors will open at 8 am to begin the sign in process)

1:00-3:00: Incoming SEVENTH and EIGHTH GRADERS from St. Agnes and FRESHMEN

Tuesday, August 23

9:00-12:00: SOPHOMORES, JUNIORS AND SENIORS (Although the session is three hours, plenty of breaks will be provided as athletes will be grouped and rotated through drills)

1:00-3:00: Incoming SEVENTH and EIGHTH GRADERS from St. Agnes and FRESHMEN

Wednesday, August 24

9:00-12:00: SOPHOMORES, JUNIORS AND SENIORS: These athletes will be separated into two assigned groups at the end of Tuesday's session – either Blue or Gold. VARSITY RETURNERS should plan to attend both sessions.

GOLD SESSION: 9:00-10:30

BLUE SESSION: 10:30-12

1:00-2:30: Incoming SEVENTH and EIGHTH GRADERS from St. Agnes and FRESHMEN

Thursday, August 25

9:00-12:00: SOPHOMORES, JUNIORS AND SENIORS (Although the session is three hours, plenty of breaks will be provided as athletes will be grouped and rotated through drills) Team Selection planned.

1:00-2:30: Incoming SEVENTH and EIGHTH GRADERS from St. Agnes and FRESHMEN

Friday, August 26

TBD based on Team Selection

VARSITY Team: TBD

JV Team: TBD

FRESHMEN Team: OFF

Saturday, August 27

FRESHMEN: OFF

JV: OFF

VARSITY: 9:00-2:00 Playdate at Melrose High School

Sunday, August 28

FRESHMEN: OFF

JV: OFF

VARSITY: OFF

SOCCER

All tryouts will be held on the AC Turf Field on Summer Street. Players must come equipped to play soccer (cleats and shin-guards) and bring a ball and water. Schedule is subject to change based on weather or heat index.

Arlington Catholic Girls' Soccer Tryouts
Varsity Head Coach - John Balliro jballiro@achs.net

Monday August 22nd - 9:30AM - 12:00PM

Tuesday August 23rd - 7:30AM - 10:00AM

Wednesday August 24th - 9:30AM - 12:00PM

Thursday August 25th - 7:30AM - 10:00AM

Friday August 26th - 9:30AM - 12:00PM

Saturday August 27th - OFF

Sunday August 28th - Medford Jamboree for invited players

The week of August 29th we will practice at the Thompson School Field (16 North Union Street) from 3:00PM - 5:00PM each day.

Additional scrimmages may be announced at a later date.

Team selection will be announced no later than Monday August 29th.

Arlington Catholic Boys' Soccer Tryouts
Varsity Head Coach - Daniel Munroe dmunroe@achs.net

Monday August 22nd - 7:30AM - 10:00AM

Tuesday August 23rd - 9:30AM - 12:00PM

Wednesday August 24th - 7:30AM - 10:00AM

Thursday August 25th - 9:30AM - 12:00PM

Friday August 26th - 7:30AM - 10:00AM

Saturday August 27th - TBD

Sunday August 28th - TBD

The week of August 29th we will practice at Magnolia Field (111 Magnolia Street) from 3:00PM - 5:00PM each day.

Additional scrimmages may be announced at a later date.

Team selection will be announced no later than Monday August 29th.

FOOTBALL TRYOUTS

Coach Dave Wilcox: dwilcox@achs.net

**Schedule subject to change based on weather conditions or the addition of
scrimmages**

Football Pre-Season Practice Schedule- Varsity and Freshman/Bridge/SAS

Friday August 19, 2022- First Day of Varsity Only Practice-Helmets

- Doors Open at 1 PM
- Equipment Distribution and Locker Assignments- 1:30 PM- 2:30 PM
- Team meeting- 2:45 PM
- Practice Begins 4:00 PM- Ends 6:00 PM
- Clean up and wrap up 6:15 PM
- **Pick up at school 6:30- 6:45 PM**

Saturday August 20, 2022- Second Day of Varsity Only Practice-Helmets

- Doors Open at 8 AM
- Team meeting- 8:30 AM
- Practice Begins 10:00 AM- Ends 12:00 PM
- **CONDITIONING TEST 12:15-12:30 pm**
- Clean up and wrap up 12:30- 12:45 PM
- **Pick up at school 12:45 PM - 1 PM**

Monday August 22, 2022- Third Day of Varsity Practice-Helmets
First Day for Incoming Freshman/Bridge Academy/SAS Players-Helmets

- Doors Open at 10 AM for **Freshman/Bridge/SAS**
 - a. Equipment Distribution and Locker Assignments- 10:30 AM
 - a. **VARSITY LINE LIFT TEST 11:00 AM**
- Practice Begins for **Freshman/Bridge/SAS 12:00 PM- 2:00 PM**
- a. Pickup at the school for Freshman/Bridge/SAS 2:30 PM
- **Doors Open for Varsity at 2 PM**
- Team Meetings- 2:45 PM
- Practice Begins for **Varsity- 4:00 PM- Ends 6:00 PM**
- Clean up and wrap up 6:15
- **Pick up at school 6:30-6:45 PM**

Tuesday August 23, 2022- Fourth Day of Varsity Practice-Uppers
Second Day for Freshman/Bridge Academy/SAS Players-Helmets

- Doors Open at 11 AM for **Freshman/Bridge/SAS**
- a. **VARSITY SKILL LIFT TEST 11:30 AM**
- Practice Begins for **Freshman/Bridge/SAS 12:00 PM- 2:00 PM**
- a. Pickup at the school for Freshman/Bridge/SAS 2:30 PM
- **Doors Open for Varsity at 2 PM**
- Team Meetings- 2:45 PM
- Practice Begins **Varsity- 4:00 PM- Ends 6:30 PM**
- Clean up and wrap up 6:45
- **Pick up at school 7:00-7:15 PM**

Wednesday August 24, 2022- Fifth Day of Varsity Practice-Uppers
Third Day of Freshman/Bridge Academy/SAS Players-Helmets

- Doors Open at 7 AM for **All Players- Varsity and Freshman/Bridge/SAS**
- Practice Begins for **All Players at 8 AM**
- **VARISTY 40/SHUTTLE/JUMP TEST 10:30 AM- 11:30 AM**
- a. **Pickup at the school for Freshman/Bridge/SAS 10:30 AM**
- **Varsity Meetings and Lift/Workouts 12:00 PM - 1:00 PM**
- **Team Outing- time TBA-Everyone must attend**

Thursday August 25, 2022- Sixth Day of Varsity Practice-Full Pads/Limited
Double Session (3 1/2 hours of total practice time)

Fourth Day of Freshman/Bridge Academy/SAS Players-Uppers

- Doors Open at 10 AM for **ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS**
- **Varsity meeting at 11 AM**
- Practice Begins for **ALL PLAYERS AT 12 PM**
- a. **Varsity helmets only walkthrough 12-1 PM**
- a. **Freshman/Bridge Academy/SAS- 12-2 PM -Uppers Practice**
- **Varsity lunch/break 1 PM - 2:30 PM**
- Team Meetings- 2:45 PM
- Practice Begins **Varsity- 4:00 PM- Ends 6:30 PM- FULL PADS.**
- **Parents Meeting 7:30 PM in Library/Gym**

Friday August 26, 2022- Seventh Day of Varsity Practice-Full Pads/Double Session (4 1/2 hours of total practice time)

Fifth Day of Freshman/Bridge Academy/SAS Players-Uppers

- Doors Open at 10 AM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS
- Varsity meeting at 11 AM
- Practice Begins for ALL PLAYERS AT 12 PM
- a. Varsity Uppers Practice - 12-2 PM
- a. Freshman/Bridge Academy/SAS- 12-2 PM -Uppers Practice
- Varsity lunch/break 2 PM - 3:30 PM
- Practice Begins Varsity- 4:00 PM- Ends 6:30 PM- FULL PADS.
- Clean up and wrap up 6:15
- Pick up at school 6:30-6:45 PM

Saturday August 27, 2022- Eighth Day of Varsity Practice-Full Pads- Scrimmage

Sixth Day of Freshman/Bridge Academy/SAS Players-Full Pads Practice

- Doors Open at 8 AM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS
- Practice Begins for Freshman/Bridge Academy/SAS 8:30 AM- Ends 10:30 AM
- a. Varsity warms 10 AM
- a. Freshmen set up the field
- Scrimmage begins 11 - 11:30 AM
- Scrimmage ends 1-2 PM

Monday August 29, 2022- Ninth Day of Varsity Practice-Full Pads Seventh Day of Freshman/Bridge Academy/SAS Players-Full Pads

- Doors Open at 2:30 PM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS
- On field 3:30 PM
- Practice begins 4:00 PM
- Practice ends 6:30 PM
- Clean up and wrap up 6:15
- Pick up at school 6:30-6:45 PM

Tuesday August 30, 2022- Tenth Day of Varsity Practice-Full Pads Eighth Day of Freshman/Bridge Academy/SAS Players-Full Pads

- Doors Open at 2:00 PM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS
- Scrimmage @ Medford HS
- TBA

**Wednesday August 31, 2022- Eleventh Day of Varsity Practice-Full Pads
Ninth Day of Freshman/Bridge Academy/SAS Players-Full Pads .”**

- **Doors Open at 2:30 PM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS**
- **On field 3:30 PM**
- **Practice begins 4:00 PM**
- **Practice ends 6:30 PM**
- **Clean up and wrap up 6:15**
- **Pick up at school 6:30-6:45 PM**

**Thursday September 1, 2022- Twelfth Day of Varsity Practice-Full Pads
Tenth Day of Freshman/Bridge Academy/SAS Players-Full Pads**

- **Doors Open at 2:30 PM for ALL PLAYERS VARSITY AND Freshman/Bridge Academy/SAS**
- **On field 3:30 PM**
- **Practice begins 4:00 PM**
- **Practice ends 6:30 PM**
- **Clean up and wrap up 6:15**
- **Pick up at school 6:30-6:45 PM**

**Friday September 2, 2022- Scrimmage @ Amesbury HS 4:00 PM
Freshman/Bridge/SAS practice Locker room opens @ 7 AM**

Practice- full pads 8 AM- 10 AM

Varsity doors open 9 AM

Walkthrough on field 10AM- 11 PM

Lunch 11:30 PM

Meetings 12:30 PM

Bus Leaves for Amesbury 2:00-2:15 PM

OFF Sat. Sept 3 & Sunday Sept. 4th

Monday September 5, 2022

Doors open 1 PM

Meeting 2 PM

Lift 3:00 PM

O - Practice 4:00 PM- 5:00 PM

Pick up 6:00 PM

CHEERLEADING

Coach Jen Orelus: jennifer.orelus@yahoo.com

Practice begins on Tuesday, Aug. 22nd. Practices will be Tuesdays through Thursdays at the AC Turf field (5:30pm-7:30pm) until the start of classes. Once classes start practices drop down to Tuesdays and Wednesdays same time/location.