

ARLINGTON CATHOLIC FALL TRYOUT SCHEDULE 2021

GOLF (BOYS & GIRLS)

Contact Coach Rob Sarmiento: rsarmiento@achs.net

Monday, August 23rd at the Newton Commonwealth Golf Course, 8:40-12:40. Bring clubs and Golf Shoes. All students interested in joining the Golf Team must contact Coach Sarmiento before the tryout day.

CROSS COUNTRY (BOYS & GIRLS)

Contact Coach Matt Killion: mkillion@achs.net

Monday, August 23rd – Friday, August 27th: all runners meet in AC cafeteria at **2:30**. Runners should bring water with them.

VOLLEYBALL

Contact Coach Mae Driscoll: maedriscoll0@gmail.com

Monday August 23:

8-10 am: Seniors, Juniors and returning Varsity athletes (registration at 7:45)

10:30-12: Sophomores and athletes who previously played on the Freshman team in 2020 (*NOTE: Incoming Freshman who previously played on the AC Freshman team should only plan to attend the Sophomore tryout day one, following day one, ALL incoming freshman should plan to attend the Freshman tryout, rather than the Sophomore tryout unless otherwise directed by coaching staff*)

1-2:30: Incoming Freshman and interested SAS students (registration at 12:45)

2:30-4: Seniors, Juniors and returning Varsity athletes

Tuesday August 24:

8-10 am: Seniors, Juniors and returning Varsity athletes

10:30-12: Sophomores

1-2:30: ALL Incoming Freshman and interested SAS students

2:30-4: Seniors, Juniors and returning Varsity athletes

Wednesday August 25:

8-10 am: Seniors, Juniors and returning Varsity athletes

10:30-12: Sophomores

1-2:30: ALL Incoming Freshman and interested SAS students

2:30-4: Seniors, Juniors and returning Varsity athletes

Thursday August 26:

8-10 am: Seniors, Juniors and returning Varsity athletes

10:30-12: Sophomores

1-2:30: ALL Incoming Freshman and interested SAS students

2:30-4: Seniors, Juniors and returning Varsity athletes

Friday August 27:

9-11 am: All athletes trying out for Junior Varsity and Varsity Scrimmage at Winchester High School

*Varsity should plan to meet following scrimmage

(No Freshmen session)

GIRLS SOCCER

Contact Coach Balliro at jballiro@achs.net with any questions

Players must come equipped with cleats and shin guards, a soccer ball, and their own water. All Try-Outs are on the AC Turf Field on Summer Street.

Monday August 23rd - 8:00AM - 11:00AM (Long Session, there will be a break in the middle)

Tuesday August 24th - 8:00AM - 11:00AM (Long Session, there will be a break in the middle)

Wednesday August 25th - 8:00AM - 10:00AM

Thursday August 26th - 8:00AM - 10:00AM

Friday August 27th - 8:00AM - 10:00AM

Saturday August 28th - TBD

Sunday August 29th - Preseason Jamboree at Medford High School -- Times TBD

BOYS SOCCER

Contact Coach Dan Munroe at dmunroe@achs.net with any questions

Each day, players must:

- Arrive at the field fully dressed for practice. All practices first week will be at the **AC turf**
- Bring their own soccer ball each day (for try-outs and practices) and a gym bag with their equipment and some hand sanitizer.
- Bring their own water bottle (labeled) as there will be no team water jug available.
- Bring an extra mask (keep one in your bag)

**Monday, August 23rd through Saturday, August 28th
3:30 – 6:30**

Please arrive 15 minutes prior to the start time

FOOTBALL

Coach Dave Wilcox: dwilcox@achs.net

*** Please bring your own Water Bottle, hand sanitizer and mask.

1. August 20-Equipment distribution, meetings, and first practice for Varsity. Doors open at 10:30 AM Pickup at 4 PM
2. August 21-Equipment distribution, meetings, and first practice for Varsity. Doors open at 10:30 AM Pickup at 4 PM
3. August 23-Equipment distribution, meetings, and first practice for Varsity. Doors open at 10:30 AM Pickup at 4 PM
4. August 24-Camp Begins. Doors open 10:30 AM. Uppers Practice 2 ½ hours. Pick up 5 PM
5. August 25- Doors open 10:30 AM. Uppers Practice 2 ½ hours. Pick up 5 PM. ***FIRST DAY OF PRACTICE FOR FRESHMEN/MIDDLE SCHOOL/BRIDGE ACADEMY.***
6. ***August 26-Doors open 10:30 AM. Full Pads Practice 2 ½ hours (DOUBLE SESSION #1)***
7. ***August 26- Walk Through Helmets 1 hour. Pick Up 7:30 PM***
8. ***August 27-Full Pads Practice 2 ½ hours TBA (Practice with AHS)(DOUBLE SESSION #2)***
9. ***August 27- Uppers Practice 2 hours TBA (Practice with AHS)***
10. August 28- Scrimmage AHS AND LAWRENCE 10 AM AT THE PIT (FIRST SCRIMMAGE)
11. August 29-AUG 30 Full Pads Practices One Session 2 to 2 ½ Hours DOORS OPEN AT 2 PM PICK UP AT 6 PM.
12. AUGUST 31 SCRIMMAGE AT LYNNFIELD BUS LEAVES AT 2:30 PM
13. SEPT 1-3 Full Pads Practices One Session 2 to 2 ½ Hours DOORS OPEN AT 2 PM PICK UP AT 6 PM.
14. Sept 4 Game Scrimmage HOME VERSUS AMESBURY 10:30 AM AT THE PIT

NOTE: Meeting and Lifting times will be assigned before and after each session

CHEERLEADING

Coach Nikkie Melanson: nicolettemelanson@gmail.com

Cheerleading tryouts were held in the spring. Cheerleading practices will begin on Monday August 23 at 9:00 am. Any students who missed the tryouts but would still like to join the team, please contact Coach Melanson.