

Fall Sports Try-out Schedule and Information 2016

Sport: Cross Country (Men and Women)

Date: August 1-4

Time: 7 am

Place: Leesville track

Sport: Golf (Women)

Date: August 15

Time: 4:30 pm

Place: TBA

Additional Information: After August 15th, practice will be mandatory. We will cut at the end of the week if cuts are necessary. Questions/Contact information— dahunt@wcpss.net, cell #: 919.880.5417, follow @LRHSgolf on Twitter

Summer Workouts: Falls Village Golf Course, 9:30 a.m. on Tuesdays and Wednesdays. As of right now— June: 14, 15, 21, 22, 28, and 29. July: 12, 13, 26, and 27. Official practice and tryouts won't start until August 15 due to the Europe trip. It will also help you work on skills earlier in the summer. We will hit balls, putt, and play. However, my goal is to have you on the way back home in 1.5 to 2 hours. Attendance is not required, but try to make it to at least 8 session.

Paperwork: You need to have a physical on file. If you played a sport for LRHS, you are good until your physical ends for this year. I will ask you to fill out another "Permission to treat" form for summer workouts to cover you until July 11-13 when Ticket to Play happens. If you don't have a physical, print out the forms from the athletics page on the school website and do all of the paperwork. Be sure to write clearly on the info form and check your mail. This is where forms, updates, and other information will happen.

Tournaments: Try to play in 2-3. TYGA One Day events are \$20 after a \$50 membership fee or \$35 if you decide not to join. <http://www.tygajuniorgolf.org/2016TYGASchedule>. PKB one day events cost more (\$50-60) but are in some of the same places as TYGA events (Chapel Hill CC) or fall in early August when there is no practice (8/4 and 8/8 at Mill Creek and Chapel Hill CC). <http://www.pkbgt.org/schedule.php?code=O> There is also the Jack Ratz at WWG on July 18. You can sign up with TYGA.

Sport: Football (JV/Varsity)

Date: August 1

Time: 7:00 am to 10:00 am. Arrive by 6:15

Place: Report to the locker room

Additional Information: Any questions please email bwilson4@wcpss.net.

Sport: Soccer (Men)

Date: August 1- August 5

Time: 8-10 am and 4-6 pm.

Place: TBA

Sport: Tennis (Women)

Date: August 1

Time: 9am

Place: TBA

Additional Information: Please bring ticket to play, water bottle, and tennis racket.

Sport: Volleyball (JV/Varsity)

Ticket to Play: Turn in all physical related documents on **July 11-13 from 9-11am in Room 1301** to receive your Ticket to Play!!

Dates and Times: Monday, August 1: 7:30-10:00am & 6-8 pm (1st cuts will be made after day 1)

Tuesday, August 2: 8-10am & 6-8 pm (final cuts will be made after day 2)

Additional Information: You MUST have a ticket to play or you will NOT be allowed to try out!!! LRHS VB
Website: <http://www.wakecountyathletics.com/page/show/2599642-leesville-road-v-volleyball>

Check frequently for updates and important information!

Summer Volleyball Open Gyms (6-7:00pm at LRHS):

June: 21, 23, 28, and 30. July: 26 and 28

What we will do: warm up drills, 6 v 6 play, 4 v 4 play, 2 v 2 play, hitting lines, no coaching from coaches—it's not allowed!!