



Apex High School

1501 Laura Duncan Rd
Apex, NC 27502



Rising Freshmen Sports Information

Rising Freshmen,

We are so excited for you to start your career at Apex High School! Please see the information below regarding summer workouts and key dates for Fall Sports. Please understand that all dates are subject to change based on WCPSS's policies relating to COVID-19. The best way to stay informed is to reach out to the coaches of the sports you are interested in to ensure that you have accurate schedules and information.

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Eligibility for All Sports

Before students are permitted to participate in ANY school workout, practice, or try-out, they must complete the Athletic Eligibility forms.

To access these forms:

1. Go to <https://www.wakecountyathletics.com/apexhs>
2. Scroll down to "Online Athletic Registration Information"
 - a. The 20-21 Registration Link can be found [here](#)
3. Follow directions listed
 - a. You will upload a valid Physical (see note below)
 - b. You will complete a Health History form
 - c. You will complete a few other forms online

Physical Information for 2020-21

Due to the strain on the healthcare system, the NCHSAA has made some temporary modifications to the physical rules for the 2020-21 season. Regardless of when the physical was performed, the WCPSS Physical Form (available on Apex Athletics website above) must be filled out and signed by a physician and uploaded on the Athletic Registration site. In normal years, physicals are valid for one year and athletes will not be allowed to participate if their physical expires (even if this happens mid-season). Please note that high schools do not have a copy of the physical provided to middle schools. You will need to re-upload your physical even if it is dated ON or AFTER 03/01/19.

Interpretations for Participating for 2020-2021 Seasons

Date of Current Physical	Requirement for 2020-2021
Prior to 03/01/19	Need valid, up-to-date physical prior to participating.
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year.
On or after 05/02/20	Will participate based on the current policy of being "valid for 395 days".

Please contact Head Athletic Trainer Miles Kliewer with questions
(mkliewer@wcpss.net)



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Cheer

Varsity coach: Taylor Wertheim
twertheim@wcpss.net

JV coach: Taylor Hartley
thartley@wcpss.net

Follow us on Social Media!
Instagram & Twitter: [@apexhscheer](https://www.instagram.com/apexhscheer)

JV minimum requirements:

- GOOD ATTITUDE
- Round off
- Two leg extension (base or fly)

Preferred: Backhandspring/Tuck, Roundoff
Backhandspring/Tuck, lib (base or fly)

Game Day requirements:

- Sharp motions, Strong voice, Enthusiasm, Engaging personality, Extension

Varsity minimum requirements:

- GOOD ATTITUDE
- Backhandspring, Roundoff Tuck
- Stretch with twist down (base or fly), Flyers- flexible body positions

Preferred: Tuck, Cartwheel Tuck, Backhandsprings to tuck, Roundoff backhandspring tuck/layout/full, Switch ups

Summer workout dates

@ Apex 9am-12pm : June 23, July 7, July 14, July 28. We will work on stunting, jumps and our fight song!

@ Carolina Legacy 4-5pm: June 18, June 25, July 9, July 16, July 23, July 30. *You will have to sign up for this and we strictly work on tumbling

Tryout dates:

Saturday August 1- 8am-12pm & Monday
August 3- 4pm-until

Camp dates:

August 6-8: 9am-4pm each day

Practice starts immediately after tryouts. All tryouts, practices, camp and games are mandatory.



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Cross Country

If you are interested in running women's or men's cross country at Apex High School in the fall of 2020, you will need to sign-up by way of Coach Cooper's **Google Classroom** for cross country.

You must enroll in this class; the code is: **mdj2mds**. When you enter the site, there are two Google forms: one for the girls team and one for the boys team. Please sign-up for the appropriate team. **Coach Cooper will create email groups for each team and for the parents based on the information that you submit.**

All announcements about cross country will be posted to the Google Classroom and will be emailed to all email groups whenever there is information to pass along. That includes the summer training calendars.

We will start practice at 7:15 am on Saturday, August 1st. We will meet in the north parking lot (U.S. 64 side) in the middle section of the lot at that time. At any point, you may email Coach Cooper if you have any specific questions about cross country.

Thank you!

Coach Cooper (racooper@wcpss.net) and Coach Gavin (sdgavin@wcpss.net)



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Football

Here are important dates:

1. June 15-25: Apex Middle Starts
July 6-16: Lufkin and Salem Middle Start
Summer workouts are from 7:30 am till 12:30
2. Vacation Weeks
June 29-July 5 and July 19-26
No Football Workouts these days
3. July 27-30: Mini Camp
Players we will have mini-camp practice from 7:30 am till noon these days
4. Saturday, Aug 1st - First Official Practice
Practice from 7:30 am till noon

-Please place all these dates on your calendar

-Team App is the app we use to communicate to the team. -All players and parents please download this to your phone. Players under player title and parent under parent title

Team App: [Join Here](#)

- Coach Britt Morton
- Email: bpmorton@wcpss.net
- Cell: 910-367-2932

ALL DATES MAY CHANGE BECAUSE OF COVID 19. ALL CHANGES WILL OCCUR
ON TEAM APP



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CAT Soccer

Please note that all summer sports training sessions are tentative and subject to change.

- Tues/Thu: Meet on the Practice Field For Scrimmage Play 7:00AM- 8:45AM
- Wed: Practice Field For Cardio- Bring Running Shoes 7:00AM- 8:10AM

Tuesday	June 16	Scrimmage
Wednesday	June 17	Cardio
Thursday	June 18	Scrimmage
Tuesday	June 23	Scrimmage
Wednesday	June 24	Cardio
Thursday	June 25	Scrimmage
June 29-July 5	NCHSAA Dead Week	
Tuesday	July 7	Scrimmage
Wednesday	July 8	Cardio
Thursday	July 9	Scrimmage
Tuesday	July 14	Scrimmage
Wednesday	July 15	Cardio
Thursday	July 16	Scrimmage
July 20-26	NCHSAA Dead Week	
Tuesday	July 28	Scrimmage
Wednesday	July 29	Cardio
Thursday	July 30	Scrimmage

Varsity Coach - Kevin Todd

ktodd@wcpss.net



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Women's Volleyball



- I. Online Registration that must take place before participating in any activities (including a valid Physical and Medical History).

https://wakecountyathletics.sportngin.com/register/form/401694581#_ga=2.196192300.1225413356.1589228674-734354041.1588015308

- II. Summer Workouts are Tuesday and Thursday at Apex from 9:30-11:30am on June 16, 18, 23, 25 & July 7, 9, 14, 16, 28, 30. June 18 and 25 are tentative. Reach out to Coach Webster to confirm these dates if this is going to be your first day attending.

- III. Tryouts will be done in 3 sessions over 2 days. Starting **Saturday** August 1st 9:30-11:30 and 1:00-3:00. Then continuing Monday August 3rd from 9:30-12pm

Follow @apexvball8 on Twitter
Any questions contact Coach Webster
mwebstervb@gmail.com

(404) 556-2294



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Women's Tennis

All rising 9th graders are eligible for trying out for the Women's tennis team. Participants should have overall basic knowledge of the game. Participating in NCTA/USTA tournaments are beneficial. Adequate skill level including groundstrokes, volleys, half-volleys, overheads, serves and returns. Knowledge on keeping score and match play will be a benefit.

Try-outs dates: August 3-7. 8:30am-11am. At the Apex HS tennis courts. The team will be selected by August 7th. Participants are expected to wear appropriate tennis attire, tennis shoes, hat/visor if desired, bring 2 tennis rackets, water bottle and towel.

Team practices will continue April 10-14. 8:30am-10:30am. First Team Match is August 17th. Note: the team match start time will likely be at 3:30pm. Team practices will continue in the mornings, until school starts, then practices will be from 2:30-4:30pm (M-TH).

Pre-season tennis clinics can be found at MacGregor Downs Country Club, Kildare Farms Racquet and Swim Club and Lochmere Tennis Club.

Coach Lynn Thomas and Coach Hannah Locher
Contact Lynn for questions: lynn.thomas@mindspring.com



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Gymnastics

Optional workouts in July. Tryouts on Monday, August 3rd.

Contact Coach Linda Haswell to receive team communications

lindabeth1313@gmail.com

919-819-5390



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Women's Basketball

We are so excited that you are interested in being a part of the Apex basketball family! Playing high school sports is extremely rewarding, but it is also a huge commitment. We will begin preparing for the 2020-2021 season this summer with weekly workouts and team camp. Our hope is that you will attend as many of these workouts as possible so we can get to know you as a person and player.

Please see below the schedule for summer workouts. We typically go to a team camp around the second or third weekend in June. The exact date for team camp is TBD as colleges have not made final decisions on what they are going to do. Team camp usually lasts from Friday-Sunday and we will stay overnight at the college and will arrive by bus as a team. There is a fee for players to attend that includes room and food for the weekend. We typically play 6-7 games throughout the 3 days we are there.

*****All student athletes must register online and have a valid physical to participate in summer workouts. To register please go to www.wakecountyathletics.com/apexhs

Workouts will be from 1-3pm the following dates...

June 16-18

June 23-25

July 7-9

July 14-16

July 28-30

Once summer has concluded, we will begin preseason workouts during the fall after school. The season begins with tryouts starting November 2nd. Tryouts will last 2-3 days depending on numbers. Those student athletes that make the team will be practicing 5-6 days a week including some Saturday practices. Saturday practices will be from 8-10am. We expect our athletes to be at all practices and games. We will play 2-3 games a week including non-conference and conference opponents. The first games will take place on November 21st. JV games typically begin at 5:00pm and varsity at 6:30pm. Those athletes that make the varsity team will be playing in a Christmas tournament on Dec 28-30. Our practice schedule varies week by week since we have to split gym time with the boys' team. One week we will have early practice then the next week it switches and we will have late. The early block is from 2:30-5:30pm and the late block is from 5:30-8:30pm. Varsity will practice for 2 hours of that time and JV will practice for 1 and a half hours.

If you have any questions please feel free to email me.

Head Varsity Coach- Charli Michael (cmichael@wcpss.net)



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Men's Basketball

Dear prospective basketball players,

Thank you so much for your interest in Apex Basketball! Playing high school sports can be an extremely rewarding experience but it is also a tremendous commitment. We will be preparing for our 2020-2021 season starting in June, with weekly workouts, jamborees, and team camp. Though, not mandatory, it is our hope that you will attend all that you are able. That way we can get to know you as a player, but you can get to know us as a coaching staff and the other players that will potentially become members of the team.

Please see the below schedule of summer workouts. Please note that all dates and times are subject to change at any time and all interested players must be registered online, and have an up to date physical in order to participate. This can be done on the following:

<https://www.wakecountyathletics.com/apexhs>

June 15-18 - 10am-12am.

June 19-20 - Possible Jamboree – All Day

June 22-25 - 10am-12am

June 26-27 - Possible Jamboree – All Day

July 6 – July 9 - 10am-12am.

July 13 – July 16 - 10am-12am.

July 27 – July 30 - 10am-12am.

Once the summer has concluded we will begin preseason workouts during the fall after school. The season begins at the end of October/beginning of November. Those student athletes that make the team will be practicing 5-6 days a week, including most Saturdays (usually from 10-12 in the morning). We play 2-3 games a week when games begin. JV games typically begin at 5:00pm with Varsity usually starting around 6:30.

*Please follow @coachrod1974 on Twitter for announcements and important info regarding tryouts and the upcoming season.

**If you have any questions regarding tryouts please send them to:

Coach Ryan Rodgers
rrodgers@wcpss.net



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Baseball

Updates will be posted on Twitter and the website. Also there is a link to a Google Form so that I can collect emails and send out info on summer workouts when we know more information.

Twitter: @baseballapex

Website: bit.ly/apexbaseball

Google Form: bit.ly/apexsummerbaseball

Coach Tyler Drew

tdrew@wcpss.net