



WARDLAW + HARTRIDGE

Summer Workouts & Fall Pre-season Practices Explained

Summer Workouts can take place between June 21 - August 13

Each coach can coach his/her athletes during the summer period;

These are optional (but highly recommended) workouts.

Fall Pre-season begins August 16 (Tennis is allowed to start August 9), at

least 5 days/week. These practices are mandatory – any athlete who wishes to play on a varsity team must attend. All state-mandated paperwork must be completed for fall pre-season.

Fall team Summer workouts

(strongly encouraged during the weeks you are at home and available)

Coaches may need to revise plans during summer; athletes should stay in contact with their coach.

Upper School Cross Country will continue to train on their own during the summer. The summer program will run from July 5 to August 15. The program will be posted on the team blog and will also be covered during the team's pre-season meeting (*Look for a date soon*).

Middle School Cross Country

The coaches expect to resume the optional summer workouts: late July to the start of the school year. Grades 4 thru 7 will receive an email about the program.

US and MS XC: Contact Coach Rick Riepl rriepl@whschool.org

Boys' Soccer

Wednesdays 4 – 6 PM; July 7 – Aug 11

Contact Coach Jason Montesinos jmontesinos@whschool.org

Girls' Soccer

Wednesdays 4 – 6 PM; July 7 – Aug 11

Contact Coach Mike Romeo mromeo@whschool.org

Girls' Volleyball

During July

Likely 2 days/week 3:30 – 5:30 PM

Contact Coach David Arva darva@whschool.org

Boys' & Girls' Tennis

Varsity/JV and Middle School players are encouraged to enter tournaments appropriate to their talent and experience, and to develop their UTR (Universal Tennis Ranking)

Summer tennis camp June 21 – 25 for LS and MS students

Contact: Ron Haynes rhaynes@whschool.org

Winter/Spring team Summer workouts

(strongly encouraged during the weeks you are at home and available)

Boys' Varsity Basketball

Wednesdays, starting June 23: 6/23, 6/30, 7/7, 7/14

6:45 - 7:45pm (Wardlaw skills workout). 7:45-9:30pm (open scrimmage)

Contact Coach Brendan Wagner bwagner@whschool.org or

Coach Bryce Lewis blewis@whschool.org

Girls' Varsity Basketball

During July: Tuesdays & Thursdays in July 4:30 PM – 6:00 PM

Contact Coach Mike Howell mhowell@whschool.org

Cheer

TBD

Contact Coach Tanda Tucker ttucker@whschool.org

Boys' & Girls' Swimming

US & MS swimmers are encouraged to find a summer team for training and competition

Summer swim clinic July 6 – end of July for LS students

Contact Coach Shane Tonery stonery@whschool.org

Golf

According to their ability, golfers should work on their game

Experienced golfers should find appropriate tournament competition.

Less-experienced golfers should find a First Tee program (the one at West Nine is highly recommended) or other youth development program.

Contact Coach Jim Howard jhoward@whschool.org