

Catholic High School - Summer Pre-Season / Conditioning

Fall 2023

Fall Sports & Contacts:

If you have any questions at all concerning the pre-season & tryout schedules, please email the corresponding coach.

Football John Harlow coachharlow@chsvb.org

Boys Volleyball - Derek Galvao - coachgalvao@chsvb.org

Girls Volleyball Mike Brandwein coachbrandwein@chsvb.org

JV Girls Volleyball - Edyner Milan (Interim Head Coach)
Email Mike Brandwein (Varsity Coach) coachbrandwein@chsvb.org

Co-Ed Cross Country Marty Campbell campbelm@chsvb.org

JV & Varsity Field Hockey Kelly Barney barneyk@chsvb.org

Varsity Boys Soccer Kevin Smith coachksmith@chsvb.org

JV Boys Soccer James Barnes barnesj@chsvb.org

Cheerleading Kathleen Slawson (Interim Head Coach) - cheerleading@chsvb.org

JV & Varsity Girls Tennis Ron & Mary Weber weberr@chsvb.org & weberm@chsvb.org

Sailing Joe Bousquet bousquej@chsvb.org

Summer Conditioning & Pre-Season Breakdown:

Football

Conditioning Info:

- Mondays - Thursdays 4:30-6:30 (Beginning June 12th)
 - *May shift 5:30-7:30 if needed due to heat index*

Try-out Info:

- Begin Monday, July 31st 4:30-6:30
- *May shift 5:30-7:30 if needed due to heat index*

Locations: Catholic High School - Football Practice Field & Weight Area

Additional Info: Please bring cleats, tennis shoes & a water bottle every day

Contact: Football John Harlow - coachharlow@chsvb.org

Parents and players please contact coach Harlow to ensure you are on the mailing list and in the appropriate group chats for updates.

Boys Volleyball

Please contact Coach Derek for all summer conditioning & tryout information (contact info above & below)

Location: Catholic High School

Contact: Boys Volleyball - Derek Galvao - coachgalvao@chsvb.org

Girls Volleyball

Open Gyms:

- Beginning April 26th, we will have Open Gyms on Wednesdays from 4:30-6:00 pm until school ends (JV & Varsity players are welcome!)

Conditioning Info:

- July 17-20 2:30-5:00 pm - Middle School Camp
- July 17-20 - JV & Varsity Open Gym 6:00pm-8:00pm
- July 21-28 - JV and Varsity Practice Mon - Fri 4:00-6:00 pm
- July 31st, Aug 1st and Aug 2nd - JV and Varsity Tryouts 4:00-6:00 pm
- Aug 3rd + ongoing daily practice JV and Varsity 4:00-6:15pm

Location: Catholic High School Gym

Contact: Mike Brandwein - coachbrandwein@chsvb.org

Boys Soccer

Conditioning Info:

- July 24 - 4:00pm - 5:15pm
- July 26 - 4:00pm - 5:15pm
- July 31 - 4:00pm - 5:15pm
- August 2- 4:00pm - 5:15pm

Tryout Info:

- August 7 - 4:00pm - 5:30pm
- August 8 - 4:00pm - 5:30pm
- **PRACTICE BEGINS AUGUST 9TH (4:00pm - 5:30pm)

Other:

- **Smithsonian Soccer Academy**

Five weeks/15 Sessions

Fee: \$250 (CHS players and players from any affiliated Diocese of Richmond schools receive a \$50 discount).

Registration Link: <https://smithsoniansoccer.com/>

Contact Coach Kevin Smith with questions

- **Who: Players Age 6-18**
- **When: June 19 - July 20th, 2023 (M,W, Th nights, 6:30-8pm)**
- **Where: CHS soccer field**

Location: Catholic High School Soccer Field

Contacts: Varsity Boys Soccer Kevin Smith coachksmith@chsvb.org & **JV Boys Soccer**

James Barnes barnesj@chsvb.org

Cheer

Conditioning Info: **Subject to change, check here for updates**

- Pre-Season conditioning will begin June 20th and run through August 3rd on Tuesdays and Thursdays from 5:00pm - 7:00pm
 - Please note, there will be no practice the week of July 2nd - 9th

Tryout Info:

- Tryout Info to come - email cheerleading@chsvb.org with questions

Location: Catholic High School

Contact: Kathleen Slawson (Interim Head Coach) - cheerleading@chsvb.org

Field Hockey

No prior experience needed.

Interest Meeting Info: If you are interested in playing JV or Varsity field hockey in the fall, please come to this meeting so we can get your family on the distribution list! If you are interested and can not make the meeting, please email Kelly Barney (barneyk@chsvb.org)

- June 14th - 3:30-4:00pm

Needed for all conditionings, tryouts & practices : Stick, Mouth Guard, Shin Guards, Water Bottle, Cleats, Tennis Shoes

(Please bring cleats and tennis shoes EVERY DAY, as we may go inside for lift sessions or team runs, or go inside if it rains)

Conditioning Info: *All Summer conditioning is optional but highly encouraged.*

- June 20th- July 13th
 - Tuesdays & Thursdays
 - 3:30pm - 5:00pm
 - Please note, we will not condition July 3rd or 5th
- Please note, we will not condition July 17th (Team Camp is July 15-17)
- July 20th - July 28th
 - Tuesdays & Thursdays & Fridays
 - 3:30pm - 5:30pm

Tryout Info:

- July 31-Aug 2nd: Tryouts
 - 3:30pm - 5:30pm

Alumni Game:

- August 4th - all members of JV & Varsity will attend and play - 6:00pm

Location: Catholic High School Turf

Additional Info:

- All JV & Varsity players must work the Youth Camp August 7th - 10th (9am - 12pm)

Contact: Kelly Barney (barney@chsvb.org)

Cross Country

Conditioning Info: *All summer runs are optional*

*Will run in the heat - will potentially cancel for Thunder and Lightning (text Coach Campbell if you have questions - 757-646-4547).

Begin Monday, June 12th

- Mondays - 6:00 pm at Catholic High - meet in school parking lot near Library
- Wednesdays - 8:00 am at Mt. Trashmore - meet at the Kids Cove Parking Lot
- Fridays - 6:15 pm at First Landing State Park - meet in the main parking lot

Contact: Marty Campbell campbelm@chsvb.org

Sailing

Conditioning Info: No “conditioning” required. Anyone hoping to or expecting to sail in the fall should avail themselves of opportunities such as the BigBlue sailing camp at ODU, the junior sailing camp at the Norfolk Naval Sailing Center, or similar programs.

Tryouts: We will have tryouts during the week of August 14th. Bring a Type III PFD. Please email the coach if you are interested so I can set-up mutually convenient days/times. The sailing team is NOT a learn-to-sail program. However, we do need students to crew for experienced helms. All participants need swimming ability and should have experience in capsizing and righting a small boat.

Contact: Joe Bousquet bousquej@chsvb.org

Girls Tennis

Please contact Coach Ron & Coach Mary for all summer conditioning & tryout information (contact info above & below)

Pre-Season Conditioning will begin **August 14th**

Location: CHS Tennis Courts

Contact: Ron & Mary Weber weberr@chsvb.org & weberm@chsvb.org