

Fall 2024 - Summer Conditioning, Pre-Season & Tryout Info!

Football

- Coach Contact: Mike Muehling - muehlingm@chsvb.org
- Pre-Season:
 - JUNE: June 10th - June 28th - Mondays, Tuesdays, Thursdays, Fridays (7:00am - 9:30am)
 - JULY:
 - July 1 & 2 - (7:00am - 9:30am)
 - July 8th - July 26th - Mondays, Wednesdays, Fridays (7:00am - 9:30am)
 - July 15th - 19th – Youth Camp 9:00am - 12:00pm
 - Please note, we will take off July 3rd for 4th of July
- Practice begins July 29th
- Any questions - Please reach out to Coach Muehling (email above)

Cheerleading

- Coach Contact: Kathleen Slawson - coachslawson@chsvb.org
- Pre-Season:
 - June 24- July 8 Mondays Tuesday Wednesdays 7-830am
- Tryouts:
 - June 17, 18, 19 6-8pm outside weather permitting otherwise gym
- First Day Of Practice:
 - July 29 Monday Wednesday 430-630 Tuesday Thursday 4-530 (times subject to change)
- Any questions - Please reach out to Coach Slawson (email above)

Cross Country

- Coach Contact: Marty Campbell - campbelm@chsvb.org
- Pre-Season:
 - Beginning June 10th
 - Mondays at 6:00 p.m. at CHS
 - Wednesdays at 8:00 a.m. at Kids Cove at Mt. Trashmore
 - Fridays at 6:15 p.m. at First Landing State Park (Shore Drive entrance).
- First Day Of Fall Practice: Thursday, August 8th - 8:00 a.m. at CHS
- Any questions - Please reach out to Coach Campbell (email above)

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ALL INFORMATION IS SUBJECT TO CHANGE
PLEASE CHECK BACK FREQUENTLY TO MAKE NOTE OF ANY CHANGES

Sailing

- Coach Contact: Joe Bousquet - coachbousquet@chsvb.org
- Pre-Season:
 - Please reach out to Coach Bousquet for details
- Tryouts:
 - Please reach out to Coach Bousquet for details
- First Day Of Practice:
 - Please reach out to Coach Bousquet for details
- Any Questions - Please reach out to Coach Bousquet above

Boys Soccer

- Coach Contact: Kevin Smith - coachksmith@chsvb.org
- Pre-Season:
 - July 23, 25th, 30th, 6:30 - 8:00pm at Catholic High
- Tryouts:
 - August 1st & 2nd 4 - 5:30pm
- First Day Of Practice:
 - August 5th 4- 5:30pm
- OTHER:
 - Highly encouraging attendance to Smithsonian Soccer Academy - June 11, 13, 18, 20, 25, 27 July 2, 3, 9, 11, 16, 18 - Tuesdays & Thursdays, 6:30 – 8:00 PM (CHS students/players and all Diocesan Schools students receive a \$50 discount)
 - Please reach out to Coach Kevin Smith with questions

Girls Tennis

- Coach Contact: Jackie Garr: coachgarr@chsvb.org
- Pre-Season:
 - Please reach out to a coach above with questions
- Tryouts:
 - Please reach out to a coach above with questions
- First Day Of Practice:
 - Please reach out to a coach above with questions

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Girls Volleyball:

- Coach Contact: Edyner Milan - coachmilan@chsvb.org
- Pre-Season:
 - Open Gyms: July 15, 16, 17, 18 (4:30pm - 6:30pm)
 - July 22, 23, 24, 25, 25 (4:00pm - 6:00pm)
- Tryouts:
 - Varsity & JV Tryouts: July 29, 30, 31 (4:00pm - 6:00pm)
- First Day of Practice Varsity & JV:
 - Begins August 1 (4:00pm - 6:00pm)
 - Varsity & JV Practice - M-F 4:00pm - 6:00pm
- Please reach out to Coach Milan above with questions

Boys Volleyball:

- Tryouts:
 - August 26, 27, 29 (6:00pm - 7:30pm)
- Practice Days:
 - Beginning September 2nd
 - 6pm - 7:30pm – Mondays, Tuesdays, Thursdays

Field Hockey:

- **Starting June 24th:**
 - Conditioning Begins Mondays and Wednesdays 530-7 PM (we had to go inside way too much last year due to afternoon storms, hoping this change in time will help), some optional friday scrimmage nights
 - ****No conditioning July 15**
- **July 12-14: Team Camp at JMU**
 - Use this link to sign up- the girls had so much fun at this one last year, they'd like to do it again! Once signed up, email me the receipt. After we host our team camp this summer, we will be able to reimburse everyone for 1/2 of their sign up fee.
 - <http://www.circleplaycoaching.com/shop/product/276697>
- **July 29-July 31:** Tryouts 3:30-5:30 (Regular practice thursday), after tryouts practice every afternoon 330-530 for the rest of the season

- **August 2nd:** Alumni Game/ Welcome Potluck

- **August 5th-8th: Youth Camp**
 - Youth Camp 8:30 AM- 12:30 PM, all players expected to help. This is how we pay for 1/2 of everyone's camp fees, team gear, meals, etc.
 - <https://www.chsvb.org/athletics/clinics-workshops-camps>