

## **2010 FALL SPORTS TRYOUT SCHEDULE**

All tryouts will continue through the week of August 30<sup>th</sup>.

*Times and dates are subject to change- please check [www.achs.net](http://www.achs.net) or call the Athletic Office at (781) 646-7767*

Any student who intends to play interscholastic athletics must pass a physical prior to tryouts. Athletes must have a physical exam dated after March 1, 2010 in order to be eligible for the 2010-2011 school year (this includes freshmen through seniors). For those students still in need of physicals, Dr. Maureen Norman will be available to conduct these exams at Arlington Catholic High School from 9:00am to 12:00 noon on Monday, August 23rd. The cost for this will be \$25, payable to Dr. Norman. All students must bring a copy of his/her physical to the first day of practice/tryouts.

**Please do not mail physicals to the school during the summer months.**

### **GIRLS' SOCCER- COACH BERMEJO**

Thursday 8/26 @ Dilboy Stadium, Rt. 16 in Somerville for the following:

- All Sophomore, Junior, and Senior candidates and returning team members tryout from 7am-10:30am

Thursday 8/26 @ Thompson School, North Union St. in Arlington for the following:

- All Freshman candidates from 3pm-5pm

***All students trying out must bring their own water and soccer ball.***

### **VOLLEYBALL- COACH REIS**

Thursday 8/26 @ AC in the gym for the following:

- Returning Varsity members from 8am-10:30am
- All Sophomore, Junior, and Senior candidates from 11am-1pm
- All Freshman candidates from 2pm-4pm

***All students must bring their own water and knee pads. Participants should enter the gym from the rear of the school.***

### **BOYS' SOCCER- COACH GIESTA**

Thursday 8/26 @ Dallin School, Florence Ave. in Arlington for the following:

- All returning players and candidates, all grades, report from 2:30pm-5pm

***All students trying out must bring their own water and soccer ball.***

### **BOYS' and GIRLS' CROSS COUNTRY- COACH DEMPSEY**

Thursday 8/26 @ AC in the cafeteria for the following:

- All returning runners and candidates, all grades, report from 9:30am-11am

***All students should come prepared to run and bring their own water. Participants should enter from the rear of the school.***

### **BOYS' and GIRLS' GOLF- COACH SARMIENTO**

***Students must sign up online by 8/20 by emailing Mr. Sarmiento at sarmientorobert@ymail.com with name/grade/phone number and scores from four attested 9-hole medal play score cards. You will be contacted with details on tryout times and locations.***

**FOOTBALL-COACH CLIVIO**

Monday 8/23 @ AC in the locker room for the following:

- All Sophomore, Junior, and Senior returning players and candidates from 1pm-6pm for equipment issue and practice

Monday 8/30 @ AC in the locker room for the following:

- All Freshman candidates from 10am-2pm for equipment issue and practice