

Centennial High School

2019 FALL SPORTS TRYOUTS

ALLIED SOCCER: Contact Coach John Spaide @ John_Spaide@hcpss.org

CHEERLEADING:

Saturday, August 17, from 10:00am-12:00pm, Meet in the Auxiliary Gym

Monday, August 19, from 10:00am-12:00pm, Meet in the Auxiliary Gym

Tuesday, August 20, from 10:00am-12:00pm, Meet in the Auxiliary Gym

BOY'S & GIRL'S CROSS COUNTRY:

Wednesday, August 14 thru Saturday, August 17 from 6:30am-8:30am, Meet on the Track.

FIELD HOCKEY:

August 14, 15, 16, Varsity from 7:00-9:00am and JV from 9:00-11:00am.

FOOTBALL:

August 14, 15, 16 from 4:00pm-7:00pm. Please arrive at 3:00pm and meet in the Weight Room.

GOLF: Contact Coach Stephen Lee @ Stephen_Lee@hcpss.org.

BOYS SOCCER:

August 14, August 15, and August 16, 4:00pm- 6:00pm

GIRLS SOCCER:

August 14, 7:00am – 10:00am - returning Varsity and rising Jr/Sr. Meet on the track;
10:15am – 1:15pm for Freshmen/Sophomore, Meet on the Track.

August 15, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

August 16, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

August 17, 7:00am – 9:45am (Varsity Pool); 10:15am – 1:00pm, (JV Pool)

VOLLEYBALL:

Wednesday, August 14 - 8am-11am: ALL - Mile Run – Jump Testing – Agility – Push Ups – Sit Ups – Basic Volleyball Skills;

Thursday, August 15 - 8am-11am: ALL - Volleyball Skills – Team Play – Begin Team Break Down; 1:00pm-2:00pm: VARSITY – Walk Through

Friday, August 16 - 8am -11am: ALL – Completion of Testing – First Cuts – First Team Practice; 1:00pm-2:00pm: VARSITY – Walk Through

Monday and Tuesday, August 19 and 20 - 8am-11am: VARSITY – Team Training Session; Practices Begin: VARSITY - 3:00-5:00; JV - 3:00-5:00; FR - 1:30-3:30