

Information Regarding 2010 Fall Sports Tryouts

In order to participate, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHs Athletics website.

If you have any questions please contact the coach directly at the number or email listed below or you may call the athletic office at 781-843-1237.

More detailed letters from coaches will be mailed home to all incoming freshmen, transfer students, and returning student-athletes by the end of July. If you do not receive a letter by then please call the athletic office at 781-843-1237.

Football:

Coach Bill Kinsherf: 781-706-8922 or bkinsh@comcast.net.

In order to receive equipment and participate in practices, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on August 4th. Permission forms may be printed off the AWHs Athletics website..

Equipment issuing will be done on Wednesday, August 4th in the school gymnasium at the following times:

Grade 12	5:00pm
Grade 11	5:30pm
Grade 10	6:00pm
Grade 9 (*Meeting with coaches in gym at 6:00pm, with equipment issuing to follow.)	*6:00pm

The first day of football practice at Memorial Field will be Monday, August 23rd.

A full schedule will be explained to the players at the equipment issuing on August 4th, but below is the schedule for the first 3 days.

Monday, August 23 rd (Shorts and T's)	4:00pm - 6:00pm
Tuesday, August 24 th (Shorts and T's)	4:00pm - 6:00pm
Wednesday, August 25 th (Shorts and T's)	4:00pm - 6:00pm

Boys' Soccer:

If you have any questions about the boys' soccer practices please contact Coach Brian Mitchell at 774-248-5364 or bmitchellsc15@yahoo.com. All players will need cleats, shin-guards, running shoes/flats, and a soccer ball. Be sure to bring plenty of water as well.

In order to participate, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHs Athletics website.

The first day of boys soccer practice at Memorial Field will be Thursday, August 26th.

A full schedule will be explained to the players on August 26th, but below is the schedule for the first 3 days.

Thursday, August 26 th	8:30am - 11:00am
Friday, August 27 th	11:00am - 1:00pm
Saturday, August 28 th	Jamboree Scrimmage @ Thayer - TBA

Boys' Cross Country:

If you have any questions about boys' cross country or you are a newcomer, please call Coach Van Dorpe at 617-851-0933 or bryanjyd@aol.com.

In order to participate, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHs Athletics website.

This year's team will be beginning practice on Thursday, August 26th. All newcomers to the team are invited and encouraged to participate in the pre-season practices. The schedule for the first five practices is as follows:

Thursday, August 26 th (optional, but recommended)	7:15pm at Moakley Park in South Boston
Friday, August 27 th	9:00am - 11:00am at AWHs
Saturday, August 28 th	9:00am - 11:00am at AWHs
Monday, August 30th	9:00am - 11:00am at AWHs
Tuesday, August 31st	9:00am - 11:00am at AWHs

Boys' Golf

If you have any questions about boys' golf, please call Coach Mike Feehily at 617-710-0036 or mfeehily6535@yahoo.com.

In order to participate, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHs Athletics website.

This year's team will be beginning tryouts on Thursday, August 26th at the Braintree Public Golf Course at 2:00 pm.

Prospective candidates should be golfers currently and have shot better than 50 for 9 holes of golf. We have a limited number of spots open for this year's team so it is important to be at all tryout dates. Weather permitting we will have 4 tryout dates (dates TBA).

Candidates who are interested in trying out are encouraged to e-mail Coach Feehily with their name, grade, address and phone number so that he will know what to expect. This will also give Coach Feehily an easy way to contact you in case of date and time changes.

Girls' Soccer:

If you have any questions regarding girls' soccer, please contact the Girls' Varsity Coach, Mr. Gordie McClay at 508-783-5112 or gemccclay@comcast.net.

All players will need cleats, shin-guards, running shoes/flats, and a soccer ball. Be sure to bring plenty of water as well.

In order to participate, student- athletes MUST bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHs Athletics website.

The first day of girls soccer practice at Memorial Field will be Thursday, August 26th.

A full schedule will be explained to the players on August 26th, but below is the schedule for the first 3 days.

Thursday, August 26 th	11:00am - 1:00pm
Friday, August 27 th	9:00am - 11:00am
Saturday, August 28 th	2:00 pm - 4:00pm

Girls' Volleyball:

If you have questions about girls' volleyball, please contact Varsity Coach Lindsey McDonald at lmcdonald@awhs.org.

In order to participate, student- athletes **MUST** bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHS Athletics website.

The first tryout will begin on Thursday, August 26th. For all grades the double sessions schedule for BOTH Thursday (8/26) and Friday (8/27) will be 9:00am-11:30am and again from 1:00pm to 3:30pm. Tryouts will be held in the gym. Saturday's schedule is to be announced.

Be sure to bring plenty of water and pack a lunch to eat in between the sessions (unless you are going home to eat.)

Girls' Cross Country:

If you have any questions about girls' cross country, or you are a newcomer, please call Coach Kelly Goff at 617-984-1981 or canniffk@yahoo.com.

In order to participate, student- athletes **MUST** bring signed permission forms and a copy of their latest physical examination administered within the past year (dated after June 30, 2009) with them on the first day of practice. Permission forms may be printed off the AWHS Athletics website.

This year's team will be beginning practice on Thursday, August 26th. All newcomers to the team are invited and encouraged to participate in the pre-season practices. The schedule for the first three days is as follows:

Thursday, August 26 th (optional, but recommended)	7:15pm at Moakley Park in South Boston
Friday, August 27 th	9:00am - 11:00am at AWHS
Saturday, August 28 th	9:00am - 11:00am at AWHS
Monday, August 30th	9:00am - 11:00am at AWHS
Tuesday, August 31st	9:00am - 11:00am at AWHS