

PRACTICE/TRY-OUT INFORMATION FOR FALL 2022 SPORTS AT LIBERTY HIGH SCHOOL

6.1.2022

All athletes must have a VHSL physical dated after May 1, 2022 in order to be eligible to participate in any practice or tryout for the 2022-2023 school year.

(2021-2022 Physicals dated after May 1, 2021 are valid up through June 30, 2022. A new physical is required starting Friday, July 1, 2022. This is a VHSL requirement.)

ONLY THE NEW VHSL PHYSICAL FORM WILL BE ACCEPTED

Summer Dead Period – NO VHSL out of season practices

July 3rd – July 9th

Fall Dead Period (for all Winter and Spring Sports)

Monday, July 29th through Saturday, August 7th

JV, & VARSITY FOOTBALL PRACTICE INFORMATION:

JV & Varsity In-Season practice will start on Thursday, July 28th and run from 8:00am-2:30pm at Liberty High School. **Summer Workouts** will run every Monday, Wednesday, and Thursday from 6:30pm-8:00pm for all 6th - 12th grade.

Head Coach: Chris Watts (cwatts@bedford.k12.va.us)

JV, & VARSITY VOLLEYBALL TRYOUT INFORMATION:

Tryouts for all 8th graders- 12th graders will run from August 1st through August 5th from 3:00pm-5:00pm at the LHS Main Gymnasium. Practice will begin Wednesday, August 4th for those that make the team.

Tryouts for MS will start the week of August 16th.

Summer Workouts for all 6th through 12th grade - run every Tuesday and Thursday 9:00am-10:45am starting June 7th.

Head Coach: Dean Young (dyoung@bedford.k12.va.us)

VARSITY GOLF TRYOUT/PRACTICE INFORMATION:

Practice will be held at Bedford Country Club **and begins MONDAY, JULY 25TH and will run from 4:00pm-6:00pm** each day throughout the season...top 6 will play in the Invitational held at London Downs on Monday, August 1st. Out of season practices will be held every Wednesday from 1:00pm-3:00pm. Meet at Bedford Country Club.

Head Coach: Jordan Clark (jordan.clark@bedford.k12.va.us)

JV & VARSITY CROSS COUNTRY PRACTICE INFORMATION:

Practice will start on Monday, August 1st and run Monday through Friday throughout the season from 4:00PM - 5:45PM. OUT OF SEASON PRACTICE will start on Monday, June 13th at Bedford Elementary from 7:00am-8:45am.

Head Coach: Andrew Milton (andrew.milton@bedford.k12.va.us)

COMPETITION CHEER TRYOUT INFORMATION:

Tryouts will be held on Thursday, July 28th and Friday, July 29th at 4:00PM – 6:00PM.

Head Coach: Katrina Caesar (katrina.caesar@bedford.k12.va.us)

JV/VARSITY SIDELINE CHEER PRACTICE INFORMATION:

Practice dates and times have been communicated to all cheerleaders.

Head Varsity Coach: Katrina Caesar (katrina.caesar@bedford.k12.va.us)

PLEASE CONTACT THE HEAD COACH VIA EMAIL SHOULD YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING BOTH OUT OF SEASON AND IN SEASON PRACTICES.

ADDITIONAL SUMMER OUT OF SEASON PRACTICES

BOYS BASKETBALL: Out of Season practices will begin on Monday, June 6th through Friday, June 10th from 2:00pm-4:00pm. From June 14th through June 30th and July 12th through July 28th, practices will run every Tuesday and Thursday from 2:00pm-4:00pm. July 1st through July 10th is the Summer Dead Period – no out of season practices. Out of Season practices will be held in the main gym at LHS for all 6th through 12th grade. Please park in Cbuilding parking lot and use the door right outside the Main Gym Boys Team Room/Coaches Office.

Head Coach: David Williams (david.williams@bedford.k12.va.us)

GIRLS BASKETBALL: Out of Season practices will run every Monday and Tuesday evening from 5:00pm-7:00pm in the LHS Main Gym. Please park in Cbuilding parking lot and use the door right outside the Main Gym Girls Team Room/Coaches Office.

Head Coach: Justin Waldron (justin.waldron@bedford.k12.va.us)

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