

## **Jamestown Winter Athletic Tryout Schedule 2010-2011**

All athletes trying out for winter sports **must** have a current VHSL athletic physical dated May 1, 2010 or after in order to tryout.

### **Boys Basketball**

Head Coach: Lee Underwood  
[underwoodl@wjcc.k12.va.us](mailto:underwoodl@wjcc.k12.va.us)

Tryouts will begin Monday, November 15 at Jamestown High School. Meet in the gym. JV will practice from 4:30-6:30 pm and Varsity will practice from 6:00-8:30 pm. Tryouts will continue on Tuesday and Wednesday if needed. You will need to provide your own transportation to and from tryouts.

### **Girls Basketball**

Head Coach: Jeff Thomas  
[coachjeffthomas@gmail.com](mailto:coachjeffthomas@gmail.com)

Tryouts for both Varsity & JV will begin on Monday, November 15 from 2:30-4:45 pm in the gym.

### **Cheerleading**

Head Coach: Ashley McHatton  
[ashleymchatton@gmail.com](mailto:ashleymchatton@gmail.com)

Tryouts will be from 3:00-4:30 pm on Monday, November 15 & Tuesday, November 16. They will conclude on Wednesday, November 17 from 2:30-4:30.

## **Indoor Track**

Head Coach: Howard Townsend  
[townsendh@wjcc.k12.va.us](mailto:townsendh@wjcc.k12.va.us)

There will be a meeting for all those interested in indoor track on Monday, November 15 at 2:30 pm in room 213. Practice will begin on Thursday, November 18.

## **Swimming**

Head Coach: Molly Sandling  
[sandlingm@wjcc.k12.va.us](mailto:sandlingm@wjcc.k12.va.us)

Practice begins on Monday, November 15 at 5:00 am at the Rec Center on Longhill Road.

## **Wrestling**

Head Coach: Kyle Cowles  
[coachcowles2@gmail.com](mailto:coachcowles2@gmail.com)

Practice begins Monday, November 15 at 2:45 pm. Meet in the weight room. Bring running shoes and clothes to work out outside.