

2021 KHS Fall Sports Tryouts & Summer Conditioning



Athletes participating in fall sports tryouts and/or summer conditioning **must** have a valid physical dated **May 1, 2021 or after** to participate. Use this [link](#) for the updated physical form. Please note there will be no conditioning during the VHSL summer dead period, July 4th-10th. Conditioning dates and times are subject to change. Please confirm with a coach if you have any questions. Use this [link](#) for a complete listing of coaches.

Fall Sports Tryouts

Sport	Dates	Times	Locations	Coach / Coach's Email
Competition Cheer	Thursday, July 29th	5:00-7:00pm	Gymnastics Room/Small Gym	Talitha Parker tparks1223@gmail.com
Cross Country	Monday, August 2nd	8:30-10:00am	Track	Kristin Knott kristin.knott@vbschools.com
Field Hockey	Monday, August 2nd	6:00-8:00am	Field Hockey Field	Amber Jones amberbeachhockey@gmail.com
Football	Thursday, July 29th	4:00-7:00pm	Football Field	Daryl Cherry daryl.cherry@vbschools.com
Golf	Monday, August 2nd	2:00pm	Red Wing	John Cinnamon john.cinnamon@vbschools.com
Boys' Volleyball	Wednesday, August 4th	1:00-3:00pm	Gym	Evan Ballinger eballinger2797@gmail.com
Girls' Volleyball	Monday, August 2nd	4:00-6:00pm	Gym	Yolanda Roberts yolanda.roberts@vbschools.com

Summer Conditioning

Sport	Days/Dates	Times	Locations	Coach / Coach's Email
Baseball	June 22, 24, 29 July 1, 13, 15, 20, 27 August 10, 12, 17, 19, 24	8:30-10:00am	Baseball Field	Travis Sutton travis.sutton@vbschools.com
Boys' Basketball	Tuesdays & Thursdays	3:30-5:30pm	Gym	Darren Sanderlin darren.sanderlin@vbschools.com
Girls' Basketball	Tuesdays & Thursdays	6:00-8:00pm	Gym	Darryl Moore darryl.moore@perspecta.com
Competition Cheer	June 22, 24, 29 July 1, 13, 15, 20, 22	4:30-6:00pm	Gymnastics Room/Small Gym	Talitha Parker tparks1223@gmail.com
Cross Country	Mondays, Wednesdays, Fridays (starting on July 19th)	8:30-9:45am	Various	Kristin Knott kristin.knott@vbschools.com
Field Hockey	Tuesday-Thursday	7:00-8:00am	Field Hockey Field	Amber Jones amberbeachhockey@gmail.com
Football	Monday-Thursday	3:30-6:00pm	Football Field	Daryl Cherry daryl.cherry@vbschools.com

Contact Carlin Conaway, Student Activities Coordinator, at Carlin.Conaway@vbschools.com or 757-648-5471 with any questions.