



AHS Athletics Fall Sports Bulletin

August 4th, 2022

Dear Mariner Students and Families,

It is not too late to sign up! Aptos High School offers a wide variety of Fall teams including **Boys and Girls Cross Country, Football, Girls Golf, Girls Tennis, Girls Indoor Volleyball, Sports Medicine, and Boys and Girls Water Polo.**

It is our mission in the Aptos Athletics Department to provide each student with an opportunity to participate in a quality athletic program. We offer no-cut sports wherever possible. Unfortunately, some sports must hold tryouts as there is a maximum number of roster spots available.

Physical Exam Paperwork/Online Registration:

All students, new and returning, must have an annual physical on file. A hard copy of your students' Physical-Exam is required before participation. Hard copies are linked [here](#) and can be delivered to the coach of their respective sport or to the Athletic Office. [Physical Exam Forms](#)

Additionally, families will be required to complete an online registration where they will read and docu-sign our PVUSD Student-Athlete and Parent Handbook and associated forms. **The link for registration is not live at the moment and will be given to Head Coaches to share with students the first week of school.**

Fall Sports Information:

Please see the bulletin items on the back side for sport specific and contact information on the upcoming Fall Sports Season. Interested students are encouraged to reach out to the head coach of their respective sport for more information.

*Tryouts for Girls Water Polo and Girls Volleyball will begin the week of Monday August 8th.

Boys/Girls Cross Country

- Head Coach Dan Gruber daniel_gruber@pvusd.net
- First Day of Practice is August 15th 4:15 pm in Stadium Bleachers

Boys Water Polo (JV/Varsity)

- Head Coach Cody Gilbert aptospolo@gmail.com
- Workouts start Monday August 1st

Girls Water Polo (JV/Varsity)

- Head Coach Cory Murphy cmurphy5678@gmail.com
- Tryouts August 8th-12th

Girls Tennis (JV/Varsity)

- Head Coach Tammi Brown tammibrown628@att.net
- Workouts begin August 1st Mon/Wed 3:30-5:30 pm
- Varsity Tryouts Aug 15th 4:15 pm; JV Starts Aug 22nd

Girls Golf

- Head Coach Matt Anderson matthew_anderson@pvusd.net
- Informational meeting will take place in the 2nd week of school (TBA)

Football

- Workouts begin again on August 1st at 7 am
- Contact specific coach below for details
 - Varsity Randy Blankenship aptosfootball@gmail.com
 - JV Head Coach Zach Hewett zachary_hewett@pvusd.net
 - Freshmen Head Coach Scott Russo russo_scott@att.net

Girls Volleyball

- Head Coach Hunter Zeng zeng.kaiao@gmail.com
- Open Gym Sat August 6th 10am-12 pm
- Tryouts August 9th, 10th, & 12th
 - 9th/10th Grade 4:00-5:45pm
 - 11th/12th Grade 6:00-7:45pm
- Visit aptosvolleyball.com for more information.

Sports Medicine

- Director of Sports Medicine Hilary Beymer hilary_beymer@pvusd.net
- All interested students should contact Hilary Beymer for information and application.

Go Mariners! Sails up!

Travis Fox

Aptos High School

Athletic Director

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