

MHS Fall Sports

Tryouts

2022



MHS Fall Sports Tryouts (1st Official day to practice) are scheduled to begin on Monday, August 1st (With two exceptions...Football and Golf will start July 28th) Students grades 9-12 must currently be enrolled at Matoaca High School, or be a rising 8th grader that attends a Middle School that feeds into Matoaca High School, for select Fall sports (see below)

If you are interested in trying out please make sure you have the following items on file with the Athletic Department or turned in to the head coach on the first day:

1. An up-to-date completed VHSL Physical Examination Form packet dated after **May 1st, 2022**. Click [here](#) for a blank form. Blank Forms are also available in the Main Office. Forms can be turned into the main office Monday - Thursday from 7 AM - 5 PM. Forms can also be turned in on the day of tryouts to the Head Coach.
2. A completed set of (Revised 2021) Concussion Information/ Sportsmanship/ VCU Health/ Disclosure Forms. Click [here](#) for a blank copy of the forms.
3. Per CCPS guideline, eighth graders are allowed to tryout and/or participate in the following Fall Sports only:

JV Boys Volleyball
JV Girls Volleyball
JV Field Hockey
JV Football.

MHS will offer the following Fall Sports for tryouts:

The Head Coaches can be contacted if you have questions about items and equipment needed to participate.

July 28th, 29th and August 1st	Football	Football Practice Field	4 - 8 PM	Fred Stoots	Fred_stoots@ccpsnet.net
August 8th - 11th	Boys/ Girls Cross - Country	Track	7:30- 9:30 AM	David Evers	David.Evers@hunterindustries.com
August 1st - 3rd	Girls Volleyball	Enter Door #11/ Gym	6PM - 8PM	Tiara Boyd	tnb0614@gmail.com
August 1st - 3rd	Boys Volleyball	Enter Door #11/ Gym	3:30 - 5:30 PM	Tonya Tunnell	tonya_tunnell@ccpsnet.net
July 28th, Aug 1st - 3rd	Golf	The Highlands Golf Course	10:00 AM	John Hall	matoacagolf@gmail.com
Pending	Comp Cheer	TBA	TBA	Dale Field	matoacahighcheer@gmail.com
Aug 1st - 3rd	Field Hockey	Field Hockey Practice Field	4 - 6 PM	Hayley Mills	hayleymills013@gmail.com

Thank you and we hope to see you there!

Coach Payton
Director of Student Activities
Matoaca High School
Charles_Payton@ccpsnet.net