Ocean Lakes High School Summer Athletic Information – 2019

SUMMER DEAD PERIOD: JULY 1 – JULY 6 NO PRACTICE OR CONDITIONING

Athletic Physical for 2018-19
Wednesday, May 22 and Wednesday, July 17 at 2:30 p.m. The cost is $20, cash only—NO checks! *You must have a NEW physical form signed and completed (available in the Main Office or the Student Activities Office – Room 161) or go to: www.vhsl.org (under Forms–Athletic Physical Form) or on the Ocean Lakes Web Site at www.oceanlakeshs.vbschools.com.

Marching Band
All students participating in the Ocean Lakes Marching Band are required to attend the following rehearsals. Please arrive early to every rehearsal prepared with food, sunscreen, and proper attire. Email band questions to Mr. Michael Parker: john.parker@vbschools.com. A detailed calendar is provided on the Ocean Lakes Bands website: https://olhsbandparents.weebly.com/
Summer Night Practices: 5:00 p.m. - 9:00 p.m., Tuesday – Thursday, July 30-August 1 and August 6-8
Band Camp: 8:00 a.m. - 5:00 p.m., Monday – Friday, August 12 – 16 and August 19 – 23
Post Band Camp: 4:00 p.m. – 8:00 p.m., Monday – Thursday, August 26 - 29

Dance Team 2019-2020
Please contact Mrs. Treptor at tinap.treptor@vbschools.com for more information regarding 2019 summer camp and tryouts. Dance Team members perform at all home football games, some basketball games, and school-wide assemblies. Students are required to purchase a warm-up suit and dance gear (jazz pants, jazz shoes) for performances. Summer camp dates will be announced in Schoology code: KVJ7K-3XMTC

Cheerleading
Sideline Cheerleading Tryouts: June 3-6, Monday-Wednesday from 5 - 7 Thursday – 5 – 8.
**Wear blue or black shorts, plain white t-shirt and cheer or tennis shoes. Arrive on time with long hair in a ponytail and short hair pulled away from face. Nails must be short, no artificial nails, no jewelry (no exceptions). You must have a current physical on file or brought with you. GPA- 2.0+ and no discipline issues. *Meet in the Gymnastics Room.

Competition Cheerleading Try-Outs / Re-Evaluation: August 5-6, Monday and Tuesday from 9:15 a.m. –11 a.m. You must have a physical to participate. Practice will be in the gymnastics room.
Sideline and Competition Cheer: Contact Coach LeeAnna Staton 360leeanna@gmail.com or Coach Ramey Jennifer.Ramey@VBSchools.

Cross Country
A completed VHSL Athletic Physical is required to condition and tryout! A weekly conditioning schedule begins in June and will be posted on our team Facebook page every Sunday. Please contact- Coach Mike Nestor at 675-9400 or email him at Michael.Nestor@VBSchools.com. Please join our cross country Facebook group.

Field Hockey
All participants must have a completed VHSL Athletic Physical to condition and tryout! Field Hockey summer workouts will be on Monday, Wednesday and Friday from 7 until 9 a.m. at the Ocean Lakes Field Hockey Field. Contact Jordan Barbee at jbarbee412@gmail.com with questions. Also contact Head Coach Kristen Vick at Kvick007@odu.edu / 757-284-9247 for additional information.

Golf
For golf info contact Coach Pete Zell at Peter.Zell@vbschools.com or call/text at (757) 831-9322. A sports physical is required for tryouts.
Football
Summer Weight lifting/Conditioning/Practice - beginning Monday, June 17, 3:00 - 6:00 p.m., on Mondays, Tuesdays & Thursdays. All athletes must have a completed physical form on file, signed by a doctor after May 1, 2019, to be eligible to participate. If you are a first time 9th grader or a transfer student, you MUST be enrolled at Ocean Lakes HS to participate in workouts. The FIRST official practice will begin Thursday, August 1st at 2:00 p.m. Head Coach: Joe Jones Joseph.Jones676@vbschools.com / (757) 650-2828. (Dead Period - July 1 - 6 / NO WORKOUTS during that time.) Contact Coach Jones for the complete workout/practice schedule.

Boys Volleyball
Starting June 17 – Monday & Wednesday – 9:30-12:00 p.m. at Ocean Lakes HS Gym. Dead Period: July 1 – 8 No Conditioning. A school sports physical is required for all conditioning and tryouts. Contact Coach Boomer at (757) 672-9944 or at Michael.Boomer@VBSchools.com

Girls Volleyball
Girls Volleyball: Please check www.OLVolleyball.com Contact Coach Wheeler at (757) 449-4757 or at Jack.Wheeler@vbschools.com. A school sports physical is required for all conditioning and tryouts.

Boys Basketball
Summer workouts will be held Monday, Wednesday, and Thursday from 6pm-8pm. Please contact Coach Mace with any questions you may have at: nic.mace10@gmail.com. A school sports physical is required for all conditioning and tryouts. The summer Dead Period is July 1-8 – NO WORKOUTS.

Girls Basketball
Summer workouts will be held on Tuesday’s and Thursday’s from 12 – 2 p.m. beginning on July 9 through August 1. A current VHSL Athletic physical is required to participate. Contact Coach Lisa Merriweather with any questions at 973-207-8907 or at alwaysachief@gmail.com

Baseball
Contact Coach Pete Zell at Peter.Zell@vbschools.com or call/text at (757) 831-9322 with questions.

Softball
Please check our website www.OLSoftball.com. Contact Coach Wheeler (757) 449-4757 or at Jack.Wheeler@vbschools.com. We will be posting our conditioning schedule on the website. A school sports physical is required for all conditioning and tryouts.

Wrestling
Weightlifting June 17 - August 23, Monday-Thursday from 7:00 – 8:00 a.m. Wrestling conditioning and training – Wednesday following lifting 8:00 a.m. - 9:15 a.m. (Dead Period – June 30 - July 6 and August 1 - August 10 - No conditioning or lifting). You must have a current VHSL Athletic Physical on file before participating. Contact Coach Barnhart at Christopher.Barnahrt@vbschools.com or at (757) 652-2831.

Boys Soccer
Contact Coach Devin Pierce at devin.pierce@vbschools.com for any questions or concerns. Students must have a VHSL Athletic Physical form for the 2019-20 school year.

Girls Soccer
Check out the “Ocean Lakes Girls Soccer” Facebook page for information or email Coach Christine Thornton - Christine.Thornton@VBSchools.com. There will be a soccer camp for K-rising 9th- graders July 22-25 from 6:00 p.m. - 8:00 p.m. Contact Coach Thornton (757)536-3699 for more information.

Lacrosse
The OLHS Club Lacrosse Teams will be hosting a 4 day summer camp for middle school students interested in learning how to play lacrosse – no experience necessary and equipment will be provided – June 17-20 from 9:00 a.m. - 12:00 p.m. Cost is $25 - Email Meyon Burns at meyon.burns@VBSchools.com for a flyer and more info.