

## **2022 Fall Sport information**

Please turn in 2022-2023 Sport Physicals to John Spiak ASAP. [jspiak@newkentschools.org](mailto:jspiak@newkentschools.org)

Please make sure Sports Physical is a Current Form (January 2021 in the upper Right Hand Corner)

Need a blank copy please contact John Spiak.

Sports physical must be dated May 1st, 2022 or later for the upcoming school year.

Last year's physicals expire June 30th.

### **July 25<sup>th</sup> (Golf)**

Golf- 3:00 - 5:00 PM, Royal New Kent, Monday - Friday

### **July 28<sup>th</sup> (Football, Golf & Cheer)**

Varsity Football: 5:00 - 8:00 PM, Practice Fields, Monday – Friday & 1<sup>st</sup> Saturday

JV Football: 5:00 - 8:00 PM, Practice Fields, Monday - Friday

Competition Cheer- TBD

Sideline Cheer- July 28<sup>th</sup> & July 29<sup>th</sup>- 5:00 – 7:00 PM, August 1st-12th 8-10 AM, August 15th- September 2nd 5-7:00 PM

### **August 1st (Volleyball, Field Hockey, Girls Cross Country, Boys Cross Country)**

Volleyball- 6:00 - 9:00 PM 1st week (remainder of Aug TBD), Main Gym, Monday - Friday

JV Volleyball- 6:00 - 9:00 PM 1st week (remainder of Aug TBD), Main Gym, Monday - Friday

Field Hockey- 3:15-5:15 Monday-Friday for varsity (4:45 for JV) on the practice field

Girls Cross Country- 8:00 - 10:00 AM, Meet by the outdoor weight room, Monday - Friday

Boys Cross Country- 8:00 - 10:00 PM, Meet at the track, Monday - Friday

### **List of coaches for each sport:**

Football contact- John McCauley- [jmccauley@nkcps.k12.va.us](mailto:jmccauley@nkcps.k12.va.us)

Competition Cheer- TBD

Sideline Cheer contact- Hannah Burton- [hburton@newkentschools.org](mailto:hburton@newkentschools.org)

Volleyball contact- Stuart Burnett- [stuart@nkvb.net](mailto:stuart@nkvb.net)

Field Hockey contact- Cristen Sickal- [cristen.sickal@gmail.com](mailto:cristen.sickal@gmail.com)

Girls Cross Country contact- Irene Bierie- [ibierie@nkcps.k12.va.us](mailto:ibierie@nkcps.k12.va.us)

Boys Cross Country contact- Alex Noctor- [ANoctor@nkcps.k12.va.us](mailto:ANoctor@nkcps.k12.va.us)

Golf- Jeremy Bareford- [jbareford@nkcps.k12.va.us](mailto:jbareford@nkcps.k12.va.us)