

LIBERTY HIGH SCHOOL FALL PRACTICE INFORMATION

CHEER:

Head Coach: Cassidy Hall cassidy.hall@bedford.k12.va.us

Please contact Coach Hall regarding questions for team practices handed out in May 2017.

CROSS COUNTRY:

Head Coach: Catherine Padgett cat.padgett@bedford.k12.va.us

Practice will start on Monday, July 31st. All practices will run 4pm-6pm.

Monday, July 31st: Bedford Middle School

Tuesday, August 1st: Bedford Middle School

Wednesday, August 2nd: Falling Creek Park

Thursday, August 3rd: Bedford Middle School

Friday, August 4th: Bedford Middle School

FOOTBALL:

Head Coach: Chris Watts cwatts@bedford.k12.va.us

JV and Varsity Practice will start on Friday, July 28. Practice will be held at BSTC from 8am-2:45pm.

Schedule for week of July 31st:

Monday, July 31st: BSTC from 8am-2:45pm

Tuesday, August 1st: BSTC from 8am-2:45pm

Wednesday, August 2nd: BSTC from 8am-2:45pm

Thursday, August 3rd: BSTC from 3:30pm-9:20pm

Friday, August 4th: BSTC from 3:30pm-9:20pm

GOLF:

Head Coach: Matt Uselton muselton@bedford.k12.va.us

There will be an informational meeting and training session on Monday, July 24th at 4pm. Meet at the Gazebo in front of Club House.

Practice officially begins on Monday, July 31st. Practice will start at 4pm Monday through Thursday that entire week. First match of the 2017 season will be Friday, August 5th.

VOLLEYBALL:

Head Coach: Alyssa Mays alyssa.mays@bedford.k12.va.us

JV and Varsity Volleyball Tryouts will be held July 31st, August 1st, and August 2nd. Tryouts will be held at the Group Home Gym in Bedford (off of Falling Creek Rd). Tryouts will run each day from 4pm-7:30pm.

REMINDER:

Athletes must have a VHSL physical dated after May 1, 2017 to be eligible for out of season practices, tryouts or in season practice starting Saturday, July 1, 2017.