

## AOA Fall Sports Information (Form M-7)

This is a synopsis of Fall Sports information. More complete data was handed out at the end of the school year. If you have lost the suggested summer workout schedules and coach information or are just deciding to join a team, please contact Mr. Linamen in the Athletic Department (440-942-3600 ext.225) regarding the information for your sport.



**All athletes must have a sport physical completed before beginning practice in August.**

### Varsity Girls Soccer

Practice begins **Monday, August 10, 2009 at 8:00 a.m.** on the soccer field in front of the Lee Building. For the first week of preseason, 8/10 – 14, practice will be held from 8:00 a.m. – 3:30 p.m. We will break for lunch at 12:00 p.m. The second week of preseason, 8/17 – 21, will take place from 3:30 – 6:00 p.m. Once school begins practice will be from 3:30 – 5:30 p.m. daily, unless we have a game. Our first game is on Tuesday, September 1, 2009 against Harvey.

Jim Barbarich  
Home Phone: 440-527-8054/Cell Phone: 202-306-5754

### Varsity Boys Soccer

**The first team meeting is Sunday, August 30, 2009 from 6:30 – 8:00 p.m.** in the weight room where you will be tested for the 2 minute sit-up, 2 minute push-up, vertical leap, 10 yard, 40 yard, and 100 yard dash, as well as, the 2 mile Cooper Test. Bring indoor running shoes and soccer cleats, water bottle, and shin guards for the fitness testing.

**Fall Weekly Training Schedule:** Monday, Tuesday, Wednesday, Friday 3:30 – 4:45 p.m.

If you would like to participate in the Andrews Osborne Academy Soccer Program, please send an email to Coach Mallon at [MarkMallon@TheSoccerInstitute.com](mailto:MarkMallon@TheSoccerInstitute.com). Include your soccer background, positions you can play, and include your parents names, phone, address, and email contacts for your parents and yourself.

### Middle School Coed Soccer

Summer practices will begin on August 24 from 3:30 to 5:30 p.m. Monday thru Friday in the front field closest to the Fine Arts building. We are welcoming students from fifth through eighth grade to the team. Please call me if you are interested in playing and if you have any questions.

Scott Jones  
330-417-7101

### Varsity and Middle School Girls Tennis

**Girls varsity tennis practices will start on Monday, August 10<sup>th</sup>** and continue each week until our first match on September 8, 2009. Once we are into our schedule of matches, practices will be arranged according to times available.

**Girls middle school tennis practices will start on Monday, August 17, 2009** and continue until the first match. Middle school coach Alex will provide all necessary information by the beginning of August, 2009.

Kris Najdovski  
cell 216-287-4523/ work 440-951-9621  
email [tennis@kirtlandcc.org](mailto:tennis@kirtlandcc.org)

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### **Cross Country**

Practice begins **Monday, August 10<sup>th</sup>, at 8:00 a.m.** We will meet by the tennis courts and practice **EVERY** weekday morning at 8:00 a.m. until school starts. Practice will be held at the school or Lake County Metroparks.

Varsity Coach Gerson  
440-473-0636

The Middle School Cross Country Coach is Nicholas Vaughn. If you are interested in playing on the team and have any questions, please contact him at [marketingamped@gmail.com](mailto:marketingamped@gmail.com).

### **Varsity Girls Volleyball**

Open Gym will be held Tuesday and Thursday from 6 p.m. – 8 p.m. beginning 6/23 These are not mandatory practices, but it is strongly encouraged players attend.

**Team practice begins August 10<sup>th</sup>: Time TBA**  
**August 27<sup>th</sup> Scrimmage and start of season:**

Katie Zielaskiewicz  
216-402-9021

### **Middle School Girls Volleyball**

Open Gym will be held Tuesday and Thursday from 6 p.m. – 8 p.m. beginning 6/23 These are not mandatory practices, but it is strongly encouraged players attend.

**Mandatory Conditioning and Practice** will be announced at a later date.

Once school is back in session, practices are typically right after school until 4:30 – 5:00 p.m.

Michelle Huck  
440-254-4610

### **Varsity Golf**

Please contact Coach Patterson if you are interested in participating in golf.

Corey Patterson  
440-358-7888  
[corey@littlemountaincc.com](mailto:corey@littlemountaincc.com)