



AHS Athletics Fall Sports Bulletin

July 30, 2026

Dear Mariner Students and Families,

As we approach the upcoming 2026-2027 school year, we are excited to offer a variety of fall sports opportunities for students, including Boys and Girls Cross Country, Football, Girls Flag Football, Girls Golf, Girls Tennis, Girls Indoor Volleyball, and Boys and Girls Water Polo. The following pages include important information about each fall sport, including important dates, coach contact information, and program details.

At Aptos High School, we believe athletics are an important part of the student experience. Our goal is to provide every student with the opportunity to grow, compete, build friendships, and represent our school through a positive and high-quality athletic program. Whenever possible, we offer no-cut sports to encourage participation and help students find a place to belong. However, due to roster size limitations, some sports require tryouts to determine team placement.

If you are interested in joining a team, we encourage you to reach out to the head coach of your sport with any questions. [Click Here For Coaches Contact List](#)

We look forward to seeing you on the field, court, course, or in the pool this fall—Go Mariners!

Paperwork/Online Registration:

- Families will be required to complete PVUSD's new online Athletic Registration, located in the [ParentVue Online Registration Account Access Portal](#), where PVUSD Student-Athlete and Parent Handbook and associated forms will be docusigned.

The following link for registration will be live starting Monday August 3rd.

[CLICK HERE for PARENTVUE Athletic Registration Link](#)

- Additionally, a hard copy of your students Physical-Exam is required before participation. All students, new and returning, must have an annual physical on file. Hard copies are linked [here](#) and can be delivered to the Main Office. [Physical Exam Forms](#) can also be found in the Main Office, and on [aptosathletics.com](https://www.aptosathletics.com) under the "Files" tab on each team page.

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Fall Sports Information:

Boys/Girls Cross Country

- Head Coach Dan Gruber daniel_gruber@pvusd.net
- First Day of Practice is August 12th 4:00 pm in Stadium Bleachers

Boys Water Polo (JV/Varsity)

- Head Coach Cody Gilbert aptospolo@gmail.com
- Practice starts Monday August 3rd 8:00 am
 - Week of 8/3-8/7
 - Morning Workouts: M 8/3, W 8/5, F 8/7 8:00am-9:15 am
 - Afternoon Workouts: Every day Monday-Friday 5:00-6:45 pm

Girls Water Polo (JV/Varsity)

- Head Coach Cody Gilbert aptospolo@gmail.com
- Workouts begin Monday August 3rd
 - Week of 8/3-8/7
 - Monday-Friday 4pm-6pm

Girls Tennis (JV/Varsity)

- Head Coach Tammi Brown tammibrown628@att.net
- Varsity Tryouts begin 8/10-8/13
 - Monday 8/10- Thursday 8/13 4:00-6:00pm
 - Practices are held 4 PM-6 PM Monday-Friday
- JV Tennis begins week of 8/17
 - JV Head Coach Susie Jolley sjolley24@gmail.com
 - Practices are held 4 PM-6 PM Monday-Friday

Girls Golf

- Head Coach Matt Anderson matthew_anderson@pvusd.net
- Informational meeting will take place in the 2nd week of school (TBA)
- Contact Coach Anderson for more information.

Football

- Practice officially begins on August 3rd 4:00- 6:00 pm
- Contact specific coach below for details
 - Varsity Zach Hewett zachary_hewett@pvusd.net
 - JV Head Coach Dave Candelario dcandel7@gmail.com
 - Freshmen Head Coach Zach Maestas zachary_maestas@pvusd.net
 - Location: Trevin Dilfer Memorial Field

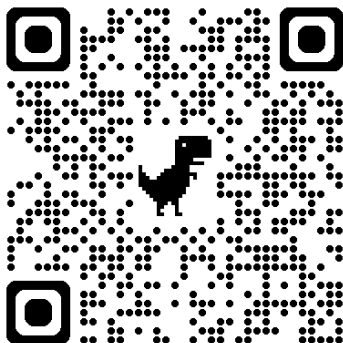
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Girls Volleyball

- **Head Coach Amanda Peterson** AmandaAPeterson75@gmail.com
- **Open Gyms**
 - 8/7 4-6 Warmerdam Gym
 - 8/10 4-6 Main Gym (The Helm)
 - 8/12 4-6 Main Gym (The Helm)
- **Tryouts**
 - **Frosh, JV, and Varsity Team Tryouts**
 - **Thurs 8/13 4-6**
Friday 8/14 2-4
 - **Location: Main Gym (The Helm)**
- **Practice starts the week of 8/17 (times and locations will be sent after tryouts)**

Girls Flag Football

- **Head Coach Denise Russo** aptosflagfootball@gmail.com
- **Practice start dates and times**
 - **Workouts begin**
 - 8/3- 8/6 5-7:00 pm
 - **Tryouts (JV & Var):**
 - Mon 8/10 4:15-6:15
 - Tues-Thurs 8/11-8/13 6:30-8:30 pm
 - **Location: Trevin Dilfer Memorial Field**



SCAN HERE TO REGISTER FOR ATHLETICS

 **Go Mariners! Sails up!**  
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