



AHS Athletics Fall Sports Bulletin

August 1st, 2024

Dear Mariner Students and Families,

It is not too late to sign up! Aptos High School offers a wide variety of Fall teams including **Boys and Girls Cross Country, Football, Girls Flag Football, Girls Golf, Girls Tennis, Girls Indoor Volleyball, and Boys and Girls Water Polo.**

It is our mission in the Aptos Athletics Department to provide each student with an opportunity to participate in a quality athletic program. We offer no-cut sports wherever possible. Unfortunately, some sports must hold tryouts as there is a maximum number of roster spots available.

Physical Exam Paperwork/Online Registration:

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

Additionally, families will be required to complete an online registration where they will read and docu-sign our PVUSD Student-Athlete and Parent Handbook and associated forms. **The link for registration is not live at the moment and will be given to Head Coaches to share with students the first week of school.** [Click Here For Coaches Contact List](#)

Fall Sports Information:

Please see the bulletin items on the next 2 pages for sport specific and contact information on the upcoming Fall Sports Season. **Interested students are encouraged to reach out to the head coach of their respective sport for more information.**

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Boys/Girls Cross Country

- Head Coach Dan Gruber daniel_gruber@pvusd.net
- First Day of Practice is August 14th 4:15 pm in Stadium Bleachers

Boys Water Polo (JV/Varsity)

- Head Coach Noah Brooks Noahbrooks9@gmail.com
- Practice starts Monday August 5th
 - Week of 8/5-8/9
 - Monday-Friday 7am-9am

Girls Water Polo (JV/Varsity)

- Head Coach Cody Gilbert aptospolo@gmail.com
- Practice starts Monday August 5th
 - Week of 8/5-8/9
 - Monday-Friday 7am-9am

Girls Tennis (JV/Varsity)

- Head Coach Tammi Brown tammibrown628@att.net
- Varsity Tryouts begin 8/8-8/15
 - Thursday 8/8 Informational Meeting from 4-5pm at the courts.
 - Friday 8/9 Tryouts begin 4-6
 - Monday 8/12- Thursday 8/15 Tryouts continues
- JV Tennis begins week of 8/19
 - JV Head Coach Marc Godoy godoymarc@yahoo.com
 - Practices are held 4 PM-6 PM Monday-Thursday

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 5th
- 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

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Girls Volleyball

- **Head Coach Hunter Zeng** aptosvolleyball@gmail.com
- **Open Gym Friday 8/9 4-6 pm**
- **Tryouts Begin: 8/12 -8/14 (times by grade each day below)**
 - 4:15 pm-6:00 pm 9th + 10th Grade
 - 6:15 pm-8:00 pm 11th + 12th Grade
 - Rosters announced Wed evening 8/15
- Visit aptosvolleyball.com for more information.

Girls Flag Football

- **Head Coach Denise Russo** denirus@gmail.com
- **Practice start dates and times**
 - **Workouts begin**
 - 8/6 4:30-6:30 @ Pete's Coffee (Safeway in Aptos)
 - 8/7 & 8/8 6pm-8pm workouts in Stadium
 - 8/9 Community Service (See Coach Denise for details)
 - **Tryouts begin (JV & Var):**
 - Mon 8/12 - Thurs 8/15 6:15-8:15 pm in stadium
 - **Practice starts:**
 - Fri 8/16 2-4pm in stadium
- Follow on IG @ [aptoshighflagfootball](https://www.instagram.com/aptoshighflagfootball)

 **Go Mariners! Sails up!**  

Travis Fox

Aptos High School

Athletic Director

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