

# FALL SPORTS TRYOUT INFORMATION (2025)

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## FALL SPORTS BEGIN ON JULY 30, 2025!

All student-athletes *must* have a completed and approved athlete registration ([DragonFly](#)) AND complete the tryout intent form in order to participate in tryouts. Make sure everything below is completed!

1. [DragonFly](#) - check for the green circle (need 100%)
2. [Tryout Intent Form](#)- all students trying out must complete (must be logged into a Google account to complete)
3. [Approved Tryout List](#) - if you're name is listed, you're approved to tryout (check back for updates)

*DragonFly Registration and Tryout Form MUST be completed by 6:00 pm on Monday, July 28, 2025 to participate in tryouts. Please do not wait until the deadline to complete. **THE TRYOUT FORM WILL REOPEN ON TUESDAY AT 12 PM UNTIL 5 PM.***

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## FALL TRYOUT INFORMATION:

**Cheer** - Cheer tryouts are on July 31st through August 1st from 9am-12 pm in the aux gym. DragonFly and tryout application form MUST be completed. Please wear plain white shirt, blue/black shorts, white cheer shoes, and a bow! See @pchs\_cheerandstunt on Instagram or email Coach Stefanczyk at [kstefanczyk@wcpss.net](mailto:kstefanczyk@wcpss.net) for updates and questions!

**Cross Country** - Tryouts will be our "Midnight Madness" 2-mile time trial. We will meet at the Panther Creek Track at 11:30pm on Tuesday, July 29th Practice will end at 1:15am on Wednesday, July 30th. Email Coach Bagaasen ([cbagaasen@wcpss.net](mailto:cbagaasen@wcpss.net)) and Coach Scruggs ([pscruggs@wcpss.net](mailto:pscruggs@wcpss.net)) with any questions or to find out required times by grade level. It is highly recommended that you are currently running and working out to improve your fitness!

**Flag Football** - *INFORMATION COMING SOON (check back soon closer to official start date for Flag Football in late August)*

**Football** - July 30 and July 31 (Must attend both days) from 7:30 am to 11:00 am (report time: 7:15 am to weigh in). Please wear athletic shorts, a shirt, and cleats. Please bring tennis shoes and socks to change into when we go into the building (weight room, classroom, hallways, gym). Athletes are EXPECTED to bring a water bottle with the daily. Parents, please make sure your child eats breakfast prior to attending football tryouts. Football Practice Location - Stadium Practice Field (behind school; next to stadium)

**Women's Golf** - July 30 and July 31 at 1:30 pm at Falls Village. Please bring clubs, balls, tees, and a positive attitude.

**Gymnastics** - Optional (but strongly encouraged) Open Workouts will be on Monday 7/28 (8 pm - 9 pm), Tuesday 7/29 (3 pm - 4 pm), and Monday 8/4 (8 pm - 9 pm). Tryouts will be held on Thursday 8/7

(2:00pm-4:30pm). Location for tryouts and workouts is Team Attraction Gymnastics (1040 Vision Dr., Apex NC 27523). All gymnasts need to enter at the front entrance of Team Attraction for all open workouts and tryouts. Please make sure your dragon fly is current and complete to be able to physically participate. More information will be given about practices, meets & uniforms the day of tryouts.

**Men's Soccer** - Will begin on Monday, Aug 4 - Aug 6 at 7 am to 9 am on the McCrimmon Practice Field (located near the baseball field). First roster cuts will be on Tuesday, Aug 5 and final roster decisions on Wednesday, Aug 6.

*(check back soon next week as we continue our hiring search for the Men's Soccer head coach position). If you have any questions, please reach out to the Athletic Director, Ryan Doggett (rdoggett@wcpss.net).*

**Women's Tennis** - Tryouts will be on July 30 - August 1 from 7 am to 10 am (must attend all three days). Students should meet at the track at 7 am on July 31. Required items: Jump rope, yoga mat, towel, water, racquet (Five-Below is best/least expensive option). Required Paperwork: Dragonfly must be completed/approved, or you will not be allowed on court. Required Attendance: To have the opportunity to become a team member, you must attend all 3 days of Official Tryouts.

**Volleyball** - Volleyball tryouts will be on July 30 (1:30p-4p), July 31 (1:00-3:30p), Aug 1 (2-4p). Players can meet in the main gym for all three days of tryouts. Please remember that even though we are in the gym, it can be very warm, so please bring extra water.

*For more information or any questions, please contact the head coach.*

- CHEERLEADING (FALL)
  - Kevin Stefanczyk, Varsity Head Coach, [kstefanczyk@wcpss.net](mailto:kstefanczyk@wcpss.net)
  - Marisa Barnes, JV Head Coach, [mbarnes3@wcpss.net](mailto:mbarnes3@wcpss.net)
  - Jenna Nelson, Assistant Coach, Contact Head Coach
- CROSS COUNTRY
  - Paul Scruggs, Head Coach, [pscruggs@wcpss.net](mailto:pscruggs@wcpss.net)
  - Casey Bagaasen, Assistant Head Coach, [cbagaasen@wcpss.net](mailto:cbagaasen@wcpss.net)
- FOOTBALL
  - Sean Crocker, Varsity Head Coach, [scrocker2@wcpss.net](mailto:scrocker2@wcpss.net)
  - Issac Bristol, JV Head Coach, [ibristol1@wcpss.net](mailto:ibristol1@wcpss.net)
- WOMEN'S GOLF
  - Maggie Wood, Head Coach, [mbwood@wcpss.net](mailto:mbwood@wcpss.net)
- GYMNASTICS
  - Linda Haswell, Head Coach, [lhaswell@wcpss.net](mailto:lhaswell@wcpss.net)
- MEN'S SOCCER
  - *vacant*, Head Coach, (contact Athletic Director)
  - *vacant*, JV Head Coach, (contact Athletic Director)
- WOMEN'S TENNIS
  - Luster Parker, Head Coach, [lcparker@wcpss.net](mailto:lcparker@wcpss.net)
- VOLLEYBALL
  - *TBA/Pending HR Approval*, Varsity Head Coach, (Contact Athletic Director)
  - Kyaundra Ellis, JV Head Coach, [kellis7@wcpss.net](mailto:kellis7@wcpss.net)
  - Christopher Liles, Assistant Coach, Contact Head Coach

*Athletic Director (AD) - Ryan Doggett (rdoggett@wcpss.net)*  
*Athletic Trainer (AT) - Brian Goodale (bgoodale@wcpss.net)*