



# APEX FRIENDSHIP HIGH SCHOOL

## Fall 2025 Athletics Information

### Registration:

All students must have a current athletic physical on file and must have completed necessary documents in Dragonfly in order to participate in workouts and/or tryouts. Students must also be eligible for participation in athletics in order to participate in workouts or tryouts.

### Tryouts:

This schedule will be updated as necessary leading up to tryouts.

Team	Coach(es)	Pre-Season Workouts	Tryout Information
<b>Cheerleading</b>	Karen Civitello (kcivitello@wcpss.net)	Cheer Workouts: 6/16, 7/14, 7/28 - 7-8:30pm - Aux Gym  Strength Workouts: 6/16, 6/18, 6/20, 6/23, 6/25, 6/27, 7/7, 7/9, 7/11, 7/14. 7/16, 7/17 - 6:30-7:30 am - Weight Room	July 30th: 8-11am & 6-8pm July 31st: 6:00pm  Aux Gym
<b>Cross Country</b>	Ryan Matthews (rmatthews@wcpss.net)	<b><u>MWF - Tobacco Trail; Tues &amp; Thurs - AFHS Track</u></b> June 16-20 - 6:30 - 8:00 AM June 23-27 - 6:30-8:00 AM July 7-11 - 6:30-8:00 AM July 14-18 - 6:30-8:00 AM July 28-29 - 6:30-8:00 AM	<b><u>Tobacco Trail - Wimberly Road</u></b> 7/30 - 6:30-8:00 AM 7/31 - 6:30-8:00 AM (Time Trial) 8/1 - 6:30-8:00 AM (Make-up Time Trial)
<b>Football</b>	Adam Sanders (asanders7@wcpss.net)	June 18, 19, 23, 25, 27 July 7-10, 14-17  7:30-10am	<b>July 30 (1st Day):</b> 7:30-10:30am <b>Location:</b> Upper Practice Field/ Main Gym
<b>Golf (Womens)</b>	Austin Evans (aevans4@wcpss.net)	<b>July 29:</b> 8 am - 10 am <b>Location:</b> Knights Play Golf Center	<b>July 30:</b> 2 pm - 4:30 pm <b>Location:</b> Raleigh Golf Association  <b>July 31:</b> 2 pm - 4:30 pm <b>Location:</b> Raleigh Golf Association



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<b>Gymnastics</b>	Linda Haswell (lhaswell@wcpss.net)	July 28, 8-9pm July 31, 3-4pm August 4, 8-9pm  All workouts at Team Attraction Gymnastics, 1040 Vision Drive, Apex, NC 27523	August 7, 2-4pm  Tryouts at Team Attraction Gymnastics, 1040 Vision Drive, Apex, NC 27523
<b>Soccer (Mens)</b>	Matt Pugliano (mpugliano@wcpss.net)	June 18-20, 23-26, July 7-10, 14-17, 28-29  Monday-Thursdays  Session 1: (Returning players/players who have previously tried out) 7-8:30am  Session 2: (Incoming Freshmen and players new to program) 8:15-9:45am	July 30-August 1 (first round of cuts on July 31, final cuts after August 1 session) Upperclassmen: 7-9am Underclassmen: 9-11am  Pleasant Park Field 5
<b>Tennis (Womens)</b>	Rebecca Brogden (rbrogden@wcpss.net)	June 23, 24, 25 (M/T/W) 8:30-10:00am AFHS Courts July 14, 15, 16 (M/T/W) 8:30-10am AFHS Courts July 28, 29 (M/T) 8:30-10:00 AFHS Courts	July 30 and 31 AFHS Tennis Courts 8:30-11:00am
<b>Volleyball</b>	Saraya Klink (sklink@wcpss.net)	July 14, 16, 18 (M/W/F): 4-5:30pm July 28-29 (M/Tues): 4-5:30pm	July 30th-August 1st (first round of cuts on July 30th, second round of cuts on July 31st, and final cuts on August 1st)  Upperclassmen: 5:30-7pm Underclassmen: 4-5:30pm



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### **Questions?**

Your first point of contact with any sport is the head coach. You are also welcome to contact Athletic Director Matt Clifton with any questions at [eclifton@wcpss.net](mailto:eclifton@wcpss.net).