

ARLINGTON CATHOLIC FALL TRYOUT SCHEDULE 2026

All students in grades 7 -12 may sign up for Fall Sports. Grades 7th & 8th may only try out for sub varsity teams

All students must be registered on Family ID with a current physical, Impact Test completed, and Athletic Fee paid. If a student does not make a program, the Athletic Fee will be refunded.

Arlington Catholic Registration Link:

<https://students.arbitersports.com/programs/arlington-catholic-high-school-fall-sports-2026>

CHEERLEADING

Coach: Jennifer Orelus (Jennifer.orelus@yahoo.com)

Cheerleading Tryouts are complete and Coach Orelus has sent the schedules out to the team. If you have any questions, please email Coach Orelus.

CROSS COUNTRY (BOYS & GIRLS)

Coach: Chris Simpson (cfsimpi68@yahoo.com)

Monday August 24th – Friday August 28th : all runners meet in the AC cafeteria at 2:30 p.m Runners should bring running attire and water with them.

FIELD HOCKEY

Coach: Jen Sarmiento (jsarmiento@achs.net)

- All tryouts will be on the Kathleen Hintlian AC Turf the first week
- Field Hockey Tryouts be from 8/24 to 8/29
 - Monday 24th and Tuesday 25th: 7:30 a.m. - 9:30 a.m.
 - Wednesday 26th and Thursday 27th: 11:30 a.m. - 1:30 p.m.
 - Friday 28th: 7:30 a.m. - 9:30 a.m.
 - Saturday 29th: 9:30 a.m. -11:30 a.m.

Equipment needed for tryouts

-field hockey stick - turf shoes
-shin guards - water bottle
-mouth guard

FOOTBALL

Coach: Brian Vaughan (b.vaughan@achs.net)

Equipment will be issued on August 13, 4pm at the school. We will have a team meeting on August 14, 4pm at the school.

****1st practice is on August 15th 4pm start time (please arrive no later than 3:45).**

Bring Cleats and Helmet.

Practice: Saturday 9/16 - Doors open at 8:30 - Practice ends at 1 pm

Practice: Monday 9/18 – 9/22 - Doors open at 3:00 - Practice ends at 7 pm

Sat. 9/23 - Scrimmage 10 am TBA

GOLF (BOYS & GIRLS)

Coach: Mark Fusco (mfusco@achs.net)

Monday August 24th at 1:30 p.m. at Newton Commonwealth Golf Course

Tuesday August 25th at 2:00 p.m. at Newton Commonwealth Golf Course

Arrive by 1:00 p.m. on Monday and 1:30 p.m. on Tuesday. All players must be in appropriate golf attire including clubs and golf shoes. All students interested in trying out for the Golf Team must contact Coach Fusco before the tryout day.

SOCCER - BOYS

Coach: Ara Naroian (a.naroian@achs.net)

- All tryouts will be on the Kathleen Hintlian AC Turf the first week
- Boys Soccer Tryouts will be from 8/24 to 8/29
 - Monday 24th and Tuesday 25th: 9:30 a.m. - 11:30 a.m.
 - Wednesday 26th and Thursday 27th: 7:30 a.m. - 9:30 a.m.
 - Friday 28th: 9:30 a.m. - 11:30 a.m.
 - Saturday 29th: 7:30 a.m. - 9:30 a.m.

Equipment needed for tryouts

- turf shoes
- water bottle
- shin guards
- appropriate soccer attire

SOCCER- GIRLS

Coach: Gregg McHugh (gmchugh@achs.net)

- All tryouts will be on the Kathleen Hintlian AC Turf the first week
- Girls Soccer Tryouts will be from 8/24 to 8/29
 - Monday 24th and Tuesday 25th: 11:30 a.m. - 1:30 p.m.
 - Wednesday 26th and Thursday 27th: 9:30 a.m. - 11:30 a.m.
 - Friday 28th: Scrimmage
 - Saturday 29th: 9:30 a.m. - 11:30 a.m.

Equipment needed for tryouts

- turf shoes
- water bottle
- shin guards
- appropriate soccer attire

VOLLEYBALL

Coach: Kenzie Eisnor (keisnor@achs.net)

NOTE: Players may be asked to attend sessions not intended for their grade should coaching staff wish to see them play alongside different athletes. This does not mean that athletes will remain in that session for the rest of tryouts and does not indicate a final spot at that age level/team level.

Monday August 24th - Thursday August 27th

9-10:30 a.m All incoming Freshmen and SAS students

11:00 a.m. -12:00 p.m. Sophomores

1:00 p.m. - 2:00 p.m. Seniors, Juniors, and returning Varsity players

Friday August 28th

*Times are subject to change depending on the number of players trying out

9:00am - 10:00am ALL incoming Freshman and interested SAS students

(Practice to follow for all who make the Freshman team - 10-11:30)

11:00am - 12:00pm Sophomores

(Practice to follow for all who make the JV team - 12:30-2:00)

1:00pm - 2:00pm Seniors, Juniors and returning Varsity players

(Practice to follow for all who make the Varsity team - 2:00-4:00)