



WEST ORANGE HIGH SCHOOL  
Department of Athletics  
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## PHASE 1 WORKOUT SCHEDULES

### CHEERLEADING

#### Phase 1 Workout Schedule -

Monday, August 3<sup>rd</sup> – 9:00-10:30

Monday, August 10<sup>th</sup> – 9:00-10:30

Head Coach Taylor Calixto – [tcenixto@westorangeschools.org](mailto:tcenixto@westorangeschools.org)

Google Classroom Code rfhh2hc

Practice Area – Suriano Field

### CROSS COUNTRY

#### Phase 1 Workout Schedule -

Thursday, July 23<sup>rd</sup> – 6:00-7:30

Thursday, July 30<sup>th</sup> – 6:00-7:30

Head Coach Jason-Lamont Jackson – [jjackson@westorangeschools.org](mailto:jjackson@westorangeschools.org)

Google Classroom Code 5rwo3qd

Practice Area – Suriano Track

### FOOTBALL

#### Phase 1 Workout Schedule –

Tuesday, August 4<sup>th</sup> – 8:30-10:30

Tuesday, August 11<sup>th</sup> – 8:30-10:30

Head Coach Darnell Grant – [darnellgrant@westorangeschools.org](mailto:darnellgrant@westorangeschools.org)

Google Classroom Code iktmab

Practice Area – Suriano Field

### BOYS SOCCER

#### Phase 1 Workout Schedule -

Monday, August 3<sup>rd</sup> – 4:00-5:00

Monday, August 10<sup>th</sup> – 4:00-5:00

Head Coach Doug Nevins – [dnevins@westorangeschools.org](mailto:dnevins@westorangeschools.org)

Google Classroom Code zrleyzy

Practice Area – Lincoln Field

### GIRLS SOCCER

#### Phase 1 Workout Schedule -

Tuesday, August 4<sup>th</sup> – 4:30-6:00

Wednesday, August 5<sup>th</sup> – 4:30-6:00

Tuesday, August 11<sup>th</sup> – 4:30-6:00

Wednesday, August 12<sup>th</sup> – 4:30-6:00

Head Coach Sean DeVore – [sdevore@westorangeschools.org](mailto:sdevore@westorangeschools.org)

Google Classroom Code lezgznt

Practice Area – Lincoln Field

## **GIRLS TENNIS**

### **Phase 1 Workout Schedule -**

Wednesday, August 5<sup>th</sup> – 10:00-11:30

Wednesday, August 12<sup>th</sup> – 10:00-11:30

Head Coach Jeff Mazurek – [jmazurek@westorangeschools.org](mailto:jmazurek@westorangeschools.org)

Google Classroom Code N/A

Practice Area – WOHS Tennis Courts

## **GIRLS VOLLEYBALL**

### **Phase 1 Workout Schedule –**

Tuesday, August 4<sup>th</sup> – 8:30-10:00

Tuesday, August 11<sup>th</sup> – 8:30-10:00

Practice Area – WOHS Band Field

Practice Area – Tarnoff Gym

Head Coach Jacqueline Cruz – [jcruz@westorangeschools.org](mailto:jcruz@westorangeschools.org) Google Classroom Code lezqznt