

OCEAN LAKES HIGH SCHOOL 2011 FALL SPORTS SCHEDULE



FOOTBALL*

HEAD COACH- CHRIS SCOTT

August 26 September 20	Friday Tuesday	Tallwood*	Away	7:00 pm
September 1	Thursday	Princess Anne*	Away	7:00 pm
September 9	Friday	COX* @ SPORTSPLEX	SPORTSPLEX – HOME	7:00 pm
September 16 15	Friday Thursday	BAYSIDE*	HOME	7:00 pm
September 23 24	Friday Saturday	First Colonial*	Away	7:00 pm 1:00 p.m.
September 30	Friday	Salem* @ Sportsplex	Sportsplex - Away	7:00 pm
October 6	Thursday	GREEN RUN*	HOME	7:00 pm
October 14	OPEN	OPEN	OPEN	OPEN
October 21	Friday	Kempsville*	Away	7:00 pm
October 28	Friday	LANDSTOWN*+	HOME	7:00 pm
November 4	Friday	KELLAM*	HOME	7:00 pm

*District Games +HOMECOMING

Assistant Coaches: Mike Head, Mike Banks, Chris Ramey, Patrick McDowell, Robert McGee, Scott Romig, Jose Ramos, Lorenzo High, Don Mahnor, and Merell Cook.

*REFLECTS CHANGES DUE TO THE HURRICANE.

CHEERLEADING

VARSITY COACH- MACKENZIE GLASSCO

JV COACH- VIRGINIA LAMBRIGHT



FIELD HOCKEY

HEAD COACH- ELIZABETH SHARPE

September 8	Thursday	Maury	Away	4:00 pm
September 13	Tuesday	Kellam*+	Away + NTC	3:45 pm
September 15	Thursday	FIRST COLONIAL*	HOME	3:45 pm
September 20	Tuesday	Cape Henry	Away	4:00 pm
September 22	Thursday	PRINCESS ANNE*+	HOME + NTC	3:45 pm
September 23	Friday	LAKELAND+	HOME + NTC	4:30 pm
September 26	Monday	Kempsville*	Away	3:45 pm
September 28	Wednesday	SALEM*+	HOME + NTC	3:45 pm
September 30	Friday	GRASSFIELD	HOME	5:45 pm
October 3	Monday	Cox*	Away	3:45 pm
October 6	Thursday	BAYSIDE*	HOME	3:45 pm
October 11	Tuesday	Tallwood*	Away	3:45 pm
October 12	Wednesday	Norfolk Academy	Away	4:00 pm
October 13	Thursday	GREEN RUN*+	HOME + NTC	3:45 pm
October 17	Monday	WESTERN BRANCH+	HOME + NTC	6:00 pm
October 18	Tuesday	Landstown*	Away	3:45 pm
October 25	Tuesday	District Tournament Quarterfinals	National Training Center	1:30 5 v 4, 8 v 1 3:30 6 v 3, 7 v 2
October 27	Thursday	District Tournament Semifinals	National Training Center	3:00 4/5 v 8/1 3:00 3/6 v 2/7
October 28	Friday	District Tournament	National Training Center	FINALS 3:00 pm
November 1, 3 & 4		Regional Tournament	National Training Center	TBA
November 8-12		State Tournament	National Training Center	TBA

*District Games

+Game played at the National Training Center

Assistant Coaches: Kim Edwards, Glenn Davis



GOLF

HEAD COACH- GARY SPEDDEN

August 11	Thursday	Landstown*	VB National	2:30 pm
August 16	Tuesday	First Colonial*	Stumpy Lake	2:30 pm
August 18	Thursday	Cox*	Red Wing	2:30 pm
August 23	Tuesday	Green Run*	Kempsville Greens	2:30 pm
August 25	Thursday	Tallwood*	Bow Creek	2:30 pm
September 1	Thursday	Salem*	Bow Creek	2:30 pm
September 6	Tuesday	Kellam*	Kempsville Greens	2:15 pm
September 13	Tuesday	Princess Anne*	Red Wing	2:30 pm
September 15	Thursday	Bayside*	Stumpy Lake	2:30 pm
September 20	Tuesday	Kempsville*	VB National	2:30 pm
September 26	Monday	District Tournament	Red Wing	10:00 am
September 27	Tuesday	District Tournament	Red Wing	10:00 am
October 3	Monday	Regional Tournament	Bide-A-Wee	TBA
October 4	Tuesday	Regional Tournament	Bide-A-Wee	TBA
October 10	Monday	State Tournament	TBA	TBA
October 11	Tuesday	State Tournament	TBA	TBA

*District Matches



CROSS COUNTRY BOYS

HEAD COACH- MIKE NESTOR

September 7	Wednesday	Green Run*, Kempsville, First Colonial	Sportsplex	3:30 pm
September 10	Saturday	Newport News Invitational+	Newport News	TBA
September 14	Wednesday	Cox*, First Colonial*, Landstown*	Sportsplex	4:05 pm
September 21	Wednesday	Kellam*, Kempsville, Tallwood	Sportsplex	4:05 pm
September 24	Saturday	Maymont Invitational+	Richmond	TBA
September 28	Wednesday	Bayside, Kempsville*, Princess Anne*	Sportsplex	3:30 pm
Sept 30 – Oct 1	Fri – Sat	Octoberfest- Great Meadows+	Warrenton	TBA
October 5	Wednesday	Bayside*, Tallwood*, Salem*	Sportsplex	3:30 pm
October 8	Saturday	Albemarle Invitational+	Charlottesville	TBA
October 15	Saturday	Milestat Invitational+	Richmond	TBA
October 19	Wednesday	Beach District Meet	Sportsplex	Boys- 4:15 pm
November 3	Thursday	Regional Meet- Bells Mill	Chesapeake	TBA
November 11-12	Friday-Saturday	State Meet- Great Meadows	Warrenton	TBA

ONLY THE LAST MEETING OF TEAMS WILL COUNT IN DISTRICT STANDINGS

*DISTRICT MEETS +TENTATIVE



CROSS COUNTRY GIRLS

HEAD COACH- MIKE NESTOR

September 7	Wednesday	Green Run*, Kempsville, First Colonial	Sportsplex	3:30 pm
September 10	Saturday	Newport News Invitational+	Newport News	TBA
September 14	Wednesday	Cox*, First Colonial*, Landstown*	Sportsplex	4:05 pm
September 21	Wednesday	Kellam*, Kempsville, Tallwood	Sportsplex	4:05 pm
September 24	Saturday	Maymont Invitational+	Richmond	TBA
September 28	Wednesday	Bayside, Kempsville*, Princess Anne*	Sportsplex	3:30 pm
Sept 30 – Oct 1	Fri – Sat	Octoberfest- Great Meadows+	Warrenton	TBA
October 5	Wednesday	Bayside*, Tallwood*, Salem*	Sportsplex	3:30 pm
October 8	Saturday	Albemarle Invitational+	Charlottesville	TBA
October 15	Saturday	Milestat Invitational+	Richmond	TBA
October 19	Wednesday	Beach District Meet	Sportsplex	Boys- 4:15 pm
November 3	Thursday	Regional Meet- Bells Mill	Chesapeake	TBA
November 11-12	Friday-Saturday	State Meet- Great Meadows	Warrenton	TBA

ONLY THE LAST MEETING OF TEAMS WILL COUNT IN DISTRICT STANDINGS

*DISTRICT MEETS +TENTATIVE

GIRLS' VOLLEYBALL**HEAD COACH- JACK WHEELER**

August 30	Tuesday	CAPE HENRY	HOME	4:30 pm
September 2	Friday	Ukrops Tournament	Richmond	TBA
September 2	Friday	Ukrops Tournament	Richmond	TBA
September 3	Saturday	Ukrops Tournament	Richmond	TBA
September 3	Saturday	Ukrops Tournament	Richmond	TBA
September 8	Thursday	First Colonial	Away	20 min following boys
September 10	Saturday	Endless Summer Tournament	Virginia Beach	8:00 a.m. start
September 10	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 10	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 10	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 13	Tuesday	BAYSIDE	HOME	20 min following boys
September 15	Thursday	Kempsville	Away	20 min following boys
September 20	Tuesday	TALLWOOD	HOME	20 min following boys
September 22	Thursday	Salem*	Away	20 min following boys
September 26	Monday	COX*	HOME	20 min following boys
September 27	Tuesday	GREEN RUN*	HOME	20 min following boys
October 6	Thursday	Landstown*	Away	4:30 pm
October 11	Tuesday	PRINCESS ANNE*	HOME	4:30 pm
October 13	Thursday	Kellam*	Away	4:30 pm
October 18	Tuesday	Tallwood*	Away	4:30 pm
October 20	Thursday	KEMPSVILLE*	HOME	4:30 pm
October 25	Tuesday	Bayside*	Away	4:30 pm
October 27	Thursday	FIRST COLONIAL*	HOME	4:30 pm
October 31	Monday	District Tournament Quarterfinals	#1 Seed	5:00- 1v8 / 20 min following - 4/5
October 31	Monday	District Tournament Quarterfinals	#2 Seed	5:00- 2/7 / 20 min following - 3/6
November 2	Wednesday	District Tournament Semifinals	Tallwood	5:00- 1/8 v 4/5 / 20 min - 2/7 v 3/6
November 5	Saturday	District Tournament Finals	Tallwood	20 min following boys game
Nov 7-12		Regional Tournament	Tallwood/FC	TBA
Nov 15-19		State Tournament	VCU	TBA

Assistant Coach: Shari Bishop

*District Matches

BOYS' VOLLEYBALL**HEAD COACH- HEATH BOOMER**

August 30	Tuesday	CAPE HENRY	HOME	20 min following girls
September 2	Friday	Ukrops Tournament	Richmond	
September 2	Friday	Ukrops Tournament	Richmond	
September 3	Saturday	Ukrops Tournament	Richmond	
September 3	Saturday	Ukrops Tournament	Richmond	
September 8	Thursday	First Colonial	Away	4:30 pm
September 13	Tuesday	BAYSIDE	HOME	4:30 pm
September 15	Thursday	Kempsville	Away	4:30 pm
September 17	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 17	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 17	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 17	Saturday	Endless Summer Tournament	Virginia Beach	TBA
September 20	Tuesday	TALLWOOD	HOME	4:30 pm
September 22	Thursday	Salem*	Away	4:30 pm
September 26	Monday	COX*	HOME	4:30 pm
September 27	Tuesday	GREEN RUN*	HOME	4:30 pm
October 6	Thursday	Landstown*	Away	20 min following girls
October 11	Tuesday	PRINCESS ANNE*	HOME	20 min following girls
October 13	Thursday	Kellam*	Away	20 min following girls
October 18	Tuesday	Tallwood*	Away	20 min following girls
October 20	Thursday	KEMPSVILLE*	HOME	20 min following girls
October 25	Tuesday	Bayside*	Away	20 min following girls
October 27	Thursday	FIRST COLONIAL*	HOME	20 min following girls
October 31	Monday	District Tournament Quarterfinals	#1 Seed	5:00- 1v8 / 20 min following - 4/5
October 31	Monday	District Tournament Quarterfinals	#2 Seed	5:00- 2/7 / 20 min following - 3/6
November 2	Wednesday	District Tournament Semifinals	Tallwood	5:00- 1/8 v 4/5 / 20 min - 2/7 v 3/6
November 5	Saturday	District Tournament Finals	Tallwood	5:00 pm
Nov 7-12		Regional Tournament	Tallwood/FC	TBA
Nov 15-19		State Tournament	VCU	TBA

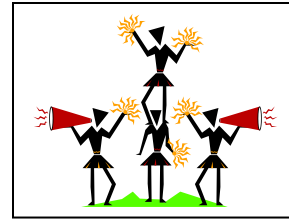
Assistant Coach: Jimmy Stanek

*District Matches

COMPETITION CHEERLEADING HEAD COACH- ANDREA CASSEVAH

October 22	Saturday	District Tournament	Tallwood	10:00 a.m.
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Assistant Coaches: Virginia Lambright

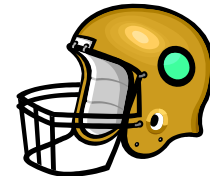


JUNIOR VARSITY FIELD HOCKEY HEAD COACH- KIM EDWARDS

September 13	Tuesday	Kellam+	Away + NTC	5:15 pm
September 15	Thursday	FIRST COLONIAL	HOME	5:15 pm
September 22	Thursday	PRINCESS ANNE+	HOME + NTC	5:15 pm
September 26	Monday	Kempsville	Away	5:15 pm
September 28	Wednesday	SALEM+	HOME + NTC	5:15 pm
October 3	Monday	Cox	Away	5:15 pm
October 6	Thursday	BAYSIDE	HOME	5:15 pm
October 11	Tuesday	Tallwood	Away	5:15 pm
October 13	Thursday	GREEN RUN+	HOME + NTC	5:15 pm
October 18	Tuesday	Landstown	Away	5:15 pm

*Times are approximate. Games will begin 10 minutes after the Varsity Game.

+Game played at the National Training Center



JUNIOR VARSITY FOOTBALL HEAD COACH- LORENZO HIGH

September 8	Thursday	Princess Anne*	Away	6:00 pm
September 15	Wednesday	Landstown	Away	6:00 pm
September 22	Thursday	BAYSIDE	HOME	6:00 pm
September 28	Wednesday	TALLWOOD	HOME	5:00 pm
October 5	Wednesday	Kellam	Away	6:00 pm
October 13	Thursday	Kempsville	Away	6:00 pm
October 20	Thursday	SALEM	HOME	6:00 pm

*Scrimmage (no admission charged)

BE A SPORT

Good sportsmanship is viewed by the Dolphin Community as a commitment to fair play, ethical behavior and integrity. In perception and practice, good sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

BE A FAN NOT A FANATIC

