

WOODSIDE HIGH SCHOOL

Winter 2018-2019

Swim & Dive

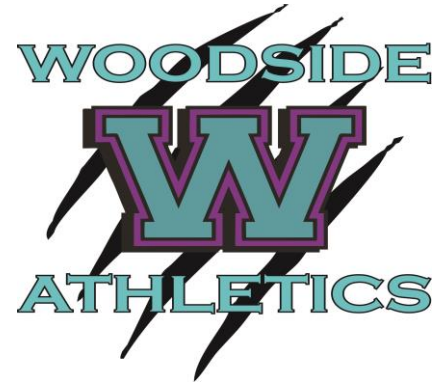
Head Coach: Carrol Prentiss

Assistant Coach: Brian Duong

Phone:

757-886-7530

Date	Day	Opponent	Site	Time
12/3	Mon	Bethel & Heritage	Holland Rec	6:30 pm
12/5	Wed	Denbigh & Hampton	Midtown Rec	7:00 pm
12/12	Wed	Kecoughtan & Phoebus	Midtown Rec	7:00 pm
1/9	Wed	Menchville & Gloucester	Midtown Rec	7:00 pm
1/16	Wed	Hampton & Warwick	Midtown Rec	7:00 pm
2/8-9	Fri/Sat	Region 6A Championships	Bayside CC/Princess Anne CC	TBD



Indoor Track

Coach: David Gary

Date	Day	Event	Time
12/5	Wed	Peninsula District Meet	3:00pm
12/19	Wed	Peninsula District Meet	3:00pm
1/16	Wed	Peninsula District Meet	3:00pm
1/30	Wed	Peninsula District Meet	3:00pm
2/15-16	Fri/Sat	Region 6A South Championships	3:00pm
	Fri/Sat	State Championships	3:00pm

*All meets held at Boo Williams Sportsplex

Boys Basketball

Varsity Coach: Stefan Welsh

JV Coach: Demetrius Phipps

Date	Day	Opponent	Site
11/10	Sat	Churchland Jamboree (Scrim)	Away (Churchland HS) 10 am
11/20	Tue	Woodside (Scrim) vs Norfolk Collegiate	Home
11/27	Tue	Gloucester	Home
11/30	Fri	Kecoughtan	Away
12/1	Sat	Grafton Kickoff	Away (Grafton HS) 6 pm
12/4	Tue	Phoebus	Home
12/7	Fri	Heritage	Home (Black Out)
12/8	Sat	South Central NC	Away (Kill Devil Hills HS, NC)
12/11	Tue	Warwick	Away
12/14	Fri	Denbigh	Away
12/15	Sat	Greyhound Showcase	Away (I.C. Norcom HS) 5 pm
12/18	Tues	Bethel	Home
1/4	Fri	Hampton	Away
1/8	Tue	Menchville	Home
1/11	Fri	Gloucester	Away
1/12	Sat	Virginia Preps Showcase	Away (Green Run HS) 9 pm
1/15	Tue	Kecoughtan	Home
1/18	Fri	Phoebus	Away
1/25	Fri	Heritage	Away
1/29	Tue	Warwick	Home
2/1	Fri	Denbigh	Home
2/5	Tue	Bethel	Away
2/8	Fri	Hampton	Home (Senior)
2/12	Tue	Menchville	Away
2/21-2/21-2/22	Thur/Mon/Tue	6 A Regional Basketball Tournament	Away (Norfolk Scope)

*Peninsula District Games: JV @ Opposite site

Game times: **JV - Girls @ 4:30 / Boys 20 min after**

Varsity - Girls @ 5:30 / Boys 20 min after

Principal:

Windy Nichols

APO:

Carl Williams

Athletic Director:

Paul L. Macklin

Wrestling

Head Coach: Cameron Mix

Assistant Coach: Phillip Shuler

Date	Day	Opponent	Site	Time
11/19	Mon	Scrimmage: Warwick	Warwick HS	6 pm
11/24	Sat	Scrim: Bayside	Bayside HS	10 am
12/1	Sat	York Super Duels	York HS	8am
12/5	Wed	Heritage/Phoebus/Bethel	Woodside HS	6 pm
12/8	Sat	Patriot Games Tourn.	Denbigh HS	8 am
12/12	Wed	Tri: Denbigh/Norfolk Collegiate	Denbigh HS	6 pm
12/15	Sat	Peninsula District #1	Phoebus HS	8 am
12/18	Tues	Tri:Norcom/Wilson HS	Norcom HS	6 pm
1/5	Sat	Woodside JV Tournament	Woodside HS	8am
1/12	Sat	Norfolk Duels	Norview HS	8am
1/18-19	Fri/Sat	Ram Rumble	Lafayette HS	8 am
1/26	Sat	Peninsula District #2	Woodside HS	8 am
2/8-9	Fri/Sat	Region 6A Tournament	Kellam	TBD

Girls Basketball

Varsity Coach: Mike Tallon

JV Coach: Douglas "Dee" Brown

Date	Day	Opponent	Site
11/17	Sat	Western Branch (Scrimmage)	Home (Varsity)
11/24	Sat	Highland Springs (Scrimmage)	Home (Both JV & Varsity)
11/27	Tue	Gloucester	Home
11/30	Fri	Kecoughtan	Away
12/4	Tue	Phoebus	Home
12/7	Fri	Heritage	Home
12/11	Tue	Warwick	Away
12/14	Fri	Denbigh	Away
12/18	Tue	Bethel	Home
12/26-28	Wed-Fri	Boo Williams Christmas Tournament	Away (Boo Williams Sports Complex)
1/4	Fri	Hampton	Away
1/8	Tue	Menchville	Home
1/11	Fri	Gloucester	Away
1/15	Tue	Kecoughtan	Home (Black Out)
1/18	Fri	Phoebus	Away
1/19	Sat	Churchland	Away
1/25	Fri	Heritage	Away
1/29	Tue	Warwick	Home
2/1	Fri	Denbigh	Home (Pink Out)(Youth/Family Night)
2/5	Tue	Bethel	Away
2/8	Fri	Hampton	Home (Senior Day)
2/12	Tue	Menchville	Away

*Peninsula District Games: JV @ Opposite site

Game times: **JV - Girls @ 4:30 / Boys 20 min after**

Varsity - Girls @ 5:30 / Boys 20 min after

Revised: 11/18/2018