



# BRENTWOOD ACADEMY UPPER SCHOOL GIRLS ATHLETICS

All Brentwood Academy teams, both middle school and upper school, adhere to the rules of the TSSAA 'Dead Period'. During the two weeks beginning June 25 and July 2, no Brentwood Academy coach is to have communications or contact of any kind with a Brentwood Academy student. This allows students and coaches to have a break from school athletics.

## FALL SPORTS

### CROSS COUNTRY

**Coach: Joshua Bell**

joshua\_bell@brentwoodacademy.com

Athlete/Coaches Meeting: First week of June  
Parent Meeting: First week of June

#### Summer Conditioning:

Begins June 12, 7:30 AM at Steeplechase  
Team Camp: July 24-29 Pickett State Park

### FOOTBALL CHEERLEADING

**Coach: Rebecca Holmes**

rebecca\_holmes@brentwoodacademy.com

Tryout Clinics: Week of April 17, in the Rock  
Tryouts: April 20, 3:00 PM, in the Rock

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5-July 20

### GOLF

**Coach: Buddy Alexander**

buddy\_alexander@brentwoodacademy.com

Tryouts: Contact Coach Buddy Alexander  
Regular season practice begins July 24

### SOCCER

**Coach: Tina Gallagher**

tina\_gallagher@brentwoodacademy.com

Tryouts: Late May/Early June

#### Summer Strength & Conditioning:

June 5 -July 21, Mondays-Thursdays  
Practice begins late July

### VOLLEYBALL

**Coach: Shari Christenson**

shari\_christenson@brentwoodacademy.com

Tryouts: May 25 10 AM & May 26 8:00 AM  
Location Upper School Gym

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5-22  
Pre-season practice begins July 11  
Regular season practice begins July 24

### STRENGTH & CONDITIONING

**Coach: Kurston Biggers**

kurston\_biggers@brentwoodacademy.com

For all female athletes not participating in a fall sport

## WINTER SPORTS

### BASKETBALL

**Coach: Rhonda Brown**

rhonda\_brown@brentwoodacademy.com

#### Practice & Team Camps:

May 30 -June 22

#### Summer Strength & Conditioning:

June & July: Mondays-Thursdays, Time (TBD)

Regular-season practice begins early November.

### BASKETBALL CHEERLEADING

**Coach: Aimee Golenor**

coachgolenor@gmail.com

Tryout Clinics: Week of April 17, in the Rock  
Tryouts: April 20, 3:00 PM, in the Rock

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5-July 20  
Regular-season practice begins early November

### SWIMMING

**Coach: Jim Chapman**

jim\_chapman@brentwoodacademy.com

Practice begins when school starts and runs through February.

### STRENGTH & CONDITIONING

**Coach: Kurston Biggers**

kurston\_biggers@brentwoodacademy.com

For all female athletes not participating in a winter sport

## SPRING SPORTS

### SOFTBALL

**Coach: Greg Brown**

jgregbrown@yahoo.com

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5 -July 20

Practice begins mid-February  
Season begins mid-March

### TENNIS

**Coach: TBD**

marshall\_gray@brentwoodacademy.com

1st Round Tryouts: May 31 & June 1, 9:00 AM  
BA Tennis Courts

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5-July 20  
Practice begins mid-February

### TRACK & FIELD

**Coach: Rebecca Holmes**

rebecca\_holmes@brentwoodacademy.com

#### Summer Strength & Conditioning:

Mondays-Thursdays, June 5-July 20

Winter Track begins 3rd quarter

Regular season practice begins mid-February

### STRENGTH & CONDITIONING

**Coach: Kurston Biggers**

kurston\_biggers@brentwoodacademy.com

For all female athletes not participating in a spring sport

If you are interested in participating in a fall sport or basketball, contact the corresponding coach via email (preferably, by May 1) for detailed summer schedule and further information.