



AMHS Sports Contact Information (as of 5.2.22)

Volleyball

2022 Volleyball Spring Practice

May 3-5 & May 16-19
4:00-5:30 pm / AMHS gym

Questions please contact Coach Jennifer Koll
jennifer_koll@charleston.k12.sc.us

Tryouts August 1-3
Practices starts on August 4
Season starts August 16

Mens Cross Country

There are no "tryouts" for the team. However, to be on the team athletes need to follow our Training Plan throughout the summer

Voluntary practices are held on weekdays throughout our OPEN SEASON for training throughout the summer at Mount Pleasant Waterfront Park at 7AM.

Need more info? Contact Coach Tim Limbert
(Carter '22 , Whitney '26)
timlimbert@hotmail.com or 843-261-4220

Competitive Cheer

2022 Tryouts **May 10-13**
4:30-6:30 pm / AMHS Gym
Interested? Email Coach Myeshia Stevens
myeshiastevens1997@gmail.com
to get the the 2022-23 Cheer Tryout Packet

Club Sailing

Reach out to
Ms. Rebekah Unger ('20 and '23 Parent).
runger113@icloud.com
843-343-6144

Mens JV/Varsity Basketball + Softball

Brett Johnsen, M.Ed.
8th Grade Science Teacher
Charleston County School of the Arts
brett_johnsen@charleston.k12.sc.us

Swimming (Mens/Womens)

We will have time trials on Monday August 2nd and Tuesday August 3rd at Hobcaw Yacht Club, Mount Pleasant 4:30pm - 6:30pm. Practice will begin on Wednesday 4:30-6:30. Any questions, please text Coach Healy at 516-835-8451 or email jacqueline_healy@charleston.k12.sc.us

Additional Coach Contact Info

Find out more contact information here for all sports:
<https://amhsraptors.com/coaches-contact-information/>

Also offered in Fall/Winter:

- Girls Basketball (JV/Varsity - tryouts)
- Girls Cross Country (no tryouts)
- Girls Tennis (tryouts)
- Football (no tryouts)
- Wrestling (no tryouts)
- Club Ultimate Frisbee (no tryouts)

