

GALS ATHLETICS

2019-2020

<u>Middle School</u>	<u>High School</u>
<p>FALL SEASON: August - October</p> <p>Cross Country</p> <ul style="list-style-type: none"> Practices: T/Th 4:00-5:15pm & in morning movement class <p>Volleyball</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:00-5:30pm 	<p>FALL SEASON: August - October</p> <p>Volleyball (Varsity)</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 5:00-7:00pm Team Study Hall or Sport Psychology from 4:00-5:00pm <p>Cross Country ** TBD</p> <ul style="list-style-type: none"> Practices: T/Th 4:00-5:15pm & in morning movement class
<p>WINTER SEASON: November - January</p> <p>Basketball</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:00-5:30pm <p>Spirit Squad** TBD</p> <ul style="list-style-type: none"> M/T/Th/F: 4-5:30pm 	<p>WINTER SEASON: November - February</p> <p>Basketball (Varsity)</p> <ul style="list-style-type: none"> Practices: <ul style="list-style-type: none"> ☐ Nov- Mid Jan M/T/R/F 5:00-7:00pm ☐ Mid Jan- Feb M/T/Th/F 4:00-6:00pm Team Study Hall or Sport Psychology from 4-5pm
<p>SPRING SEASON: March - May</p> <p>Soccer</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:00-5:30pm <p>Lacrosse</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:00-5:30pm <p>Co-ed Flag Football</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:30-6pm 	<p>SPRING SEASON: February - May</p> <p>Soccer (Varsity)</p> <ul style="list-style-type: none"> Practices: M/T/Th/F 4:00-6:00pm Team Study Hall or Sport Psychology <p>Ultimate Frisbee ** TBD</p>

***Highlighted** = changes from 2018-2019 that will be based off of interest and attendance
Please sign up on the sheet at registration if interested!

*** Practices are never held after school on Wednesdays for any sport**

Director of Athletics: Kylie Shields
 E-mail any questions or concerns to kylie.shields@galsdenver.org



***** IMPORTANT:**

- If your student makes a GALS athletic team, the following items are required before your student can compete in the 1st game:
 - o Sports Physical
 - o Athletic Fee (per sport)
 - o Contract Agreement