

FALL ATHLETICS



<u><i>Sport</i></u>	<u><i>Tryouts</i></u>	<u><i>Practices</i></u>
Volleyball *Open Gym-Wednesday, August 20, 2:00-3:30*	<ul style="list-style-type: none"> Monday, August 25 & Tuesday, August 26 <ul style="list-style-type: none"> 4:15-5:45 Must attend both days 	<ul style="list-style-type: none"> M, T, Th 4:10-5:45 Begins Thursday, Aug. 29
Cross Country	<ul style="list-style-type: none"> Wednesday, August 27 <ul style="list-style-type: none"> 2:00-3:45 Thursday, August 28 <ul style="list-style-type: none"> 4:15-6:00 Must attend both days 	<ul style="list-style-type: none"> T, Th 4:10-5:45 Begins Tuesday, Sept. 2
Ultimate Frisbee	<ul style="list-style-type: none"> Tuesday, September 2 <ul style="list-style-type: none"> 4:10-5:45 	<ul style="list-style-type: none"> M, T, Th 4:10-5:45 Begins Thursday, Sept. 4
Cheer	<ul style="list-style-type: none"> Tuesday, September 2 <ul style="list-style-type: none"> 4:10-5:45 	<ul style="list-style-type: none"> T, Th 4:10-5:45 Begins Thursday Sept. 4
Flag Football *Practice & Scrimmages only*	<ul style="list-style-type: none"> Thursday, September 4 <ul style="list-style-type: none"> 4:10-5:45 	<ul style="list-style-type: none"> T, Th 4:10-5:45 Begins Tuesday Sept. 9

- All skill and experience levels welcome for all tryouts! We are looking for effort, coachability, communication and a positive attitude
- Students sign up on the athletic board beginning Wednesday, August 20th
- Team specific info and parent meeting will be shared once rostered are finalized