



**HS FOOTBALL Tryouts/Practice - Monday 8/19/19**

**VARSITY FOOTBALL-Meet at the V FB Field @ Lincoln Ave Sports Complex**

Mon Aug 19- 7:30am to 10am and 5-7:30 pm

Tues Aug 20<sup>th</sup>- 7:30am to 10am

Wed Aug 21-7:30 am to 10 am and 5pm to 7:30 pm

Thurs Aug 22-7:30am to 10 am

Friday Aug 23- 7:30 am to 10 am

Sat Aug 24<sup>th</sup>- 7:30 am to 10 am

**JV & JV9 FOOTBALL**

8/19- 8/24: 7:30-10:00==== Meet at field house JV locker room at 7:00am.

**HS Nurse will be here to accept completed Sports Physicals or Re-Permission forms on**

Monday 8/5 through Thursday 8/8 from 7:30 am to 11:30 am in the EAST nurse's offices to process FOOTBALL slips only.

Monday 8/12, Tuesday 8/13 and Wednesday 8/14 the same hours to process ALL fall sports.

First Day of ALL OTHER HS Tryouts/Practice is **Monday 8/26/2019** except Football.

**BOYS & GIRLS CROSS COUNTRY**

Monday 8/26, 7:30am-9:00am, High School West gym.

Tuesday 8/27, 7:30am-9:00am, High School West gym and 6:00pm-7:30pm @ Smith Point Beach, Main Pavilion.

Wed. 8/28, 7:30am-9:00am High School West gym and 6:00pm-7:30pm @ Southaven Park.

Thurs. 8/29, 6:00PM -7:30PM @ Smith Point Beach

Friday 8/30, 7:30am-9:00am, HS West gym.

**GIRLS GYMNASTICS**

Mon 8/26, 27, 28 and Fri 8/30 7:30am-10am Paca MS Gym

Thurs 8/29 5:00pm-7:00pm



**2019 Fall HS Sports Tryout/Practice Schedule, cont'd.**

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**GIRLS SWIMMING-**

August 26, 27 and 28th 7:30AM -9:30AM,

August 29th 2:30PM-4:30PM,

August 30th 7:30AM-9:30AM

Meet at the TOB/Mastic pool (300 Francis Landau Place, Mastic Beach)

**GIRLS TENNIS-**

**Varsity-** Monday thru Saturday 7:30am to 10:00am.

**JV** Mon - Wed & Fri 730am- 10:00am; Thurs 8/29 5pm-7pm.

**BOYS GOLF-**

Mon 8/26, Meet at Rock Hill Golf Course, Manorville (Pro Shop) 5pm -7pm

TUES: 8/27, Meet at Rock Hill Golf Course, Manorville (Pro Shop) 5pm - 7pm

WED: 8/28, Meet at Rock Hill Golf Course, Manorville (Pro Shop) 5pm - 6pm

THURS: 8/29 Meet at Rock Hill Golf Course, Manorville (Pro Shop) 5pm - 6pm

FRI: 8/30 Meet at Rock Hill Golf Course, Manorville (Pro Shop) 5pm - 6pm

--Please arrive at 4:45 so practice can begin at 5pm.



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**BOYS SOCCER V & JV-**

Mon; 8-10 am & 5-730 pm

Tues; 8-10 am & 5-730 pm

Wed. 8-10 am & 5-730 pm

Thurs; 5-730 pm

Friday 7-10 am

Sat 7-10 am

Meet in the HS WEST Gym.

**Cheerleading V & JV- Meet in the HS EAST GYM.**

Monday 8/26 8am-10am & 5pm-7pm

Tuesday 8/27 8am-10am

Wednesday 8/28 8am- 10am & 5pm-7pm

Friday 8am-10am



**2019 Fall HS Sports Tryout/Practice Schedule cont'd.**

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**GIRLS VOLLEYBALL V& JV**

Meet in HS WEST GYM

MON-8/26 Double sessions,

7:30 -10am and 5-7 PM First day of tryouts. Varsity and J.V teams. Bring your own gear.

TUES: 8/27 Double sessions, 7:30 -10am and 5-7 PM

Last day of tryouts. Varsity and J.V teams. Bring your own gear.

WED 8/28 Double Sessions 7:30am-10am and 5-7PM Varsity and J.V teams.

THURS 8/29: 5-7 Pm Practice

FRI 8/30: 7:30am-10am and 5-7 PM Varsity and JV practice.

SAT 8/31: 8-10 AM Practice

**GIRLS SOCCER V & JV**

Monday 8/26 through Wednesday 8/28 --- Double Sessions (Tryouts): 7:30am-10:00 am & 5pm-7pm  
-meet near HS West Gym locker room. Tryouts will be held on the girls' soccer field @ Lincoln Ave complex.

Thursday 8/29 -- 5-7 pm practice on Lincoln Avenue soccer fields

Friday 8/30 -- 7:30-10am practice on the girls' soccer field Lincoln Ave complex

Saturday 8/31-- 7:30 – 10 am practice on the girls' soccer field Lincoln Ave complex.



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**GIRLS FIELD HOCKEY-V & JV**

Monday, Tuesday, Wednesday & Friday--- Double Sessions  
(August 26, 27, 28 & 30)

\*Thursday, August 29, Evening Only- 5-7pm

Mornings

7am-9am (Meet inside by Girls WEST Team locker room)

Evenings

5pm-7pm (meet inside by Girls WEST Team locker room)

Saturday 8/31

7am-9am Practice (Meet inside by Girls WEST Team locker room)