

Athletics

In order to try out, an athlete must have completed the Pre- Participation Physical Evaluation Form for the 2017-18 year and have turned it in to the Athletic Department.

All student-athletes must login and complete the Intent to Try Out Registration on the Athletics page under forms. All athletes can check the status of their Physical Release Form by clicking Physical Status.

Freshmen are not allowed to tryout until August 11th.

Practice and Meeting Times for Fall Sports 2017-2018

Seniors who are participating in the LIFE Core Retreat on Monday August 7th and Tuesday August 8th until 11am are excused from tryouts.

Men's Football

Head Coach: Mr. Keith Burns

- First practice for **Varsity/JV**:
Fri., Aug. 4, 4:00-6:00 p.m.
Sat., Aug. 5, meetings and practice 9:00-11:00 a.m.
Mon., Aug. 7, 4:00-6:00 p.m.
Tue., Aug. 8, 4:00-6:00 p.m.
Wed., Aug. 9, 4:00-6:00 p.m.
- First practice for **Freshmen**: Please bring black cleats, black shorts, and a white t-shirt.
Fri., Aug. 11, meeting @ 3:00 p.m., football stands; Practice 3:45-5:30 p.m.
Sat., Aug. 12, 8:00-11:00 a.m., Concussion baseline 11:00 a.m.-12:00 p.m.

Men's and Women's Cross Country

Head Coach: Mr. Joshua Grubb

- First practice: **Sophomores, Juniors, Seniors**
Mon., Aug. 14-Fri., Aug. 18, 3:00-5:15 p.m.
- First practice for **Freshmen**: August 11, 3:00-5:15 p.m.
Sat., Aug. 12, 8:30-10:30 a.m.
Mon., Aug. 14-Fri., Aug. 18, 3:00-5:15 p.m.

Meet on the track wearing running shoes and weather-appropriate training attire. Please bring a water bottle. Participants must attend all practices (Mon.-Fri. 3-5:15 PM, Sat. 8:30-10:30 AM) and competitions to remain on the team. It is highly recommended that athletes come to tryouts conditioned to running 6 days a week, 35 miles/week.

Women's Tennis

Head Coach: Mr. Tyler Nii

Meeting for all interested in trying out: Wednesday August 9th from 3:00-3:30 p.m. in room 109.

- Tryouts for **Varsity/JV: Freshmen**, Sophomores, Juniors, Seniors
Mon., Aug. 14, 3:00-5:00 p.m.

Men's Water Polo

Head Coach: Mr. Ben Vierra

- Tryouts for **Varsity/JV**:
Mon., Aug. 7, 2:00-5:00 p.m.
Tues., Aug. 8, 9:00-11:00 a.m./ 3:00-5:00 p.m.
Wed., Aug. 9, 3:00-5:00 p.m.
- Tryouts for **Freshmen**:
Fri., Aug. 11, 11:00 a.m.-1:00 p.m.
Sat., Aug. 12, 1:00-4:00 p.m.

Meet on the pool deck; bring swimsuit and goggles.

Women's Water Polo**Head Coach: Brendan Lavelle**

- Tryouts for **Varsity/JV**:
Fri., Aug. 4, 3:00-6:00 p.m.
Sat., Aug 5, 8:00-10:00 a.m./1:00 p.m.-2:00 p.m.
Mon. Aug 7, 8:00-10:00 a.m./5:00 p.m.-7:00 p.m.
Tues., Aug. 8, 5:00-7:30 p.m.
Wed., Aug. 9, 5:00-7:30 p.m.
- Tryouts for **Freshmen**:
Fri., Aug. 11, 3:30-5:00 p.m.
Sat., Aug. 12, 8:00-11:00 a.m.

Meet on the pool deck. Bring: one-piece swimsuit (no spaghetti straps), towel, goggles, swim cap, AND water bottle.

Women's Field Hockey**Head Coach: Ms. Justina Williams**

- Tryouts for **Varsity**: Open to all sophomores, juniors, seniors
Fri., Aug. 4, 8:30-10:30 a.m./1:00-3:00 p.m., football field;
Sat., Aug. 5, 3:30-6:00 p.m., football field;
Mon., Aug. 7, 8:30-10:30 a.m./1:00-3:00 p.m., football field;
Tues., Aug 8, 3:00-5:30 p.m., Mise Park;

Attendance at all sessions is mandatory. For all sessions, come dressed in your tennis shoes and bring all your field hockey gear with you, including goggles, turf shoes etc. Varsity practices begin on Tuesday August 4th, with a mandatory parent meeting on Saturday morning August 12th.

- Tryouts for **JV**: Meeting Fri., August 11, 2:30-2:45 a.m., Room 502 (bring your iPads)
Fri., Aug. 11, 3:00-5:30 p.m., Mise Park;
Sat., Aug 12. 4:00-6:30pm., football field;
Mon., Aug. 14, 3:00-5:30 p.m., Mise Park;

Attendance at all sessions is mandatory. For all sessions, come dressed in tennis shoes and bring shin guards and other field hockey gear if you own it. Sticks/equipment will be provided for those who are new to the sport. All freshman players will be informed individually if they have earned a spot in the program at the conclusion of the Aug. 16 tryout session, and players who have earned a spot must attend a mandatory meeting accompanied by a parent on Monday, August 21nd at 6:00 p.m.

Women's Golf**Head Coach: Mr. John Mosunic**

Meeting for all interested in trying out: Tuesday, August 15th at 2:45 p.m. in room 105. The meeting should take 45 minutes.

- Tryouts for **Varsity/JV**:
Thu., Aug. 17, 2:50 p.m. departure to San Jose Muni.
Meet at van in golf attire with clubs.

Women's Volleyball**Head Coach: Mr. Bret Almazan-Cezar**

- First tryout for **Returners**: Open to all sophomores, juniors, seniors
Fri., Aug. 4, 9:00 a.m.-11:00 a.m./2:00 p.m.-4:00 p.m.
Sat., Aug. 5, 9:00 a.m.-11:30 a.m.
Mon., Aug. 7, 9:00 a.m.-11:00 a.m./2:00 p.m.-4:00 p.m.
Tue., Aug. 8, 3:00 p.m.-5:30 p.m.
Wed., Aug. 9, 3:00 p.m.-5:30 p.m.
Thu., Aug. 10, 9:00 a.m.-11:30 a.m.

- Tryouts for **Freshmen:**
Fri., Aug. 11, 3:00 p.m.-5:30 p.m.
Sat., Aug. 12, 11:30 a.m.-2:30 p.m.
Mon., Aug. 13, 11:30 a.m.-2:30 p.m.
- **Tryouts for winter sports may begin on October 30, 2017.**
- **Tryouts for spring sports may begin on January 29, 2018.**
- **Optional pre-season conditioning and workouts are to be determined by individual coaches.**
Meeting times for all sports are TBA.