

Season Start Dates and Practice Schedules 2018-19

Fall Registration Window: Monday, July 9th - Wednesday, September 26th, 2018

Fall Sports

Wednesday, August 15, 2018 - Football

Monday, August 20, 2018 - Cross Country, Golf, Girls Soccer, Girls Swim & Dive, Volleyball

Winter Sports

Monday, November 5, 2018 - Gymnastics

Monday, November 12, 2018 – Basketball, Boys Swim & Dive, Wrestling

Spring Sports

Monday, February 25, 2019 – Baseball, Boys Soccer, Softball/Fastpitch, Tennis, Track

FALL SPORTS	
Football	August Football Schedule
Cross Country	Mon, Tue, Thu, Fri; 4:00-6:30 p.m., Wed; 3:00-5:30 p.m. Sat; 8:30 a.m.-11:00 Bring water bottle, good running shoes, sweats, and a recovery snack.
Golf	Golf Information - Fall 2018
Girls Soccer	TBA
Girls Swim & Dive	Mon-Fri; 6:45-8:20 a.m.
Volleyball	Mon-Fri; 6:00-8:00 a.m. Bring water bottle, wear volleyball attire, and a healthy recovery snack.

WINTER SPORTS	
Boys Basketball	Mon, Tue, Wed; 4:00-6:00 p.m.; Thu, Fri; 6:00-8:00 p.m.
Girls Basketball	Mon, Tue, Wed; 6:00-8:00 p.m.; Thu, Fri; 4:00-6:00 p.m.
Gymnastics	TBA
Boys Swim & Dive	Mon-Fri; 6:45 - 8:20 a.m.
Wrestling	Mon, Tue, Thu, Fri; 4:00 - 6:30 p.m., Wed; 3:15-6:00 p.m. Sat; 9:00 a.m.-noon.

SPRING SPORTS	
Baseball	Mon-Fri; 4:00-6:30p.m., Sat TBD Bring athletic shoes, molded rubber cleats, all baseball gloves & a water bottle. No metal spikes allowed on our home field.
Softball/Fastpitch	Mon-Fri; 4:00p.m. (Mandatory) Bring gear: bat, glove, cleats, running shoes, and full water bottle
Boys Soccer	Mon-Fri; 4:00 - 6:30 p.m., Sat; 2:00 - 5:30 p.m. Bring cleats, shin guards, running shoes & water.
Tennis	Mon-Fri 4-5:45p.m. Amy Yee Tennis Center and Garfield tennis courts
Track & Field	Mon-Fri; 4:00-6:00p.m. , Sat; 9:00-11:00a.m. Bring water bottle, good running shoes, hat, sweats,