

## Spring Sports

- **Baseball** program has continued both their physical and mental conditioning this week. The baseball team will hold a team bonding day covering the power of the positive team on Saturday, January 11 and complete Hustler Pack Culture Training the following week prior to holding opening day on Monday, January 20. Practice time is TBA.
- **Boys Lacrosse** will be holding conditioning M, W, F from 3:45-5:30 PM January 6-24. Practice will start January 27, 3:45-6:00 PM stadium field.
- **Girls Lacrosse** conditioning began this week and will run through January 27 from 4-5:30 PM, Monday-Thursday. Tryouts will be January 27 and 28 from 4-6 PM. Practices will be January 29-April 17 from 4-6 PM.
- **Softball** will start with tryouts the week of January 20 after school at the softball field.
- **Boys Tennis** – Contact Coach Nathan Dickens, [nathandickens@icloud.com](mailto:nathandickens@icloud.com)
- **Girls Tennis** – Contact Coach Nick George, [nsdnickg@yahoo.com](mailto:nsdnickg@yahoo.com)
- **Track & Field** conditioning kicked off this week. Every practice is at 6:15 AM before school. Contact Coach Gareth Reese, [reeseg@melbournecc.org](mailto:reeseg@melbournecc.org) with any questions.