Fall Sports

Football

Freshmen Tryouts – Football Field:

Begin Mon, June 17 2:30 – 5:30

Team Practices – Football Field:

June 17 – Aug 9 Mon-Fri 1:30 – 5:30

June 22 – Aug 10 Saturdays 8:00 am – 12:00 pm

Boys/Girls Cross Country

Freshmen Report Date – SAHS Track:

July 8 Monday 5:30 pm – 7:00 pm

Parent Meetings: SAHS Little Theater

Thurs, June 13 & Mon, July 29 6:00 pm – 7:00 pm

Team Practices - Mendez Intermediate School - Grass Field

June 17 – August 9 Mon – Fri 5:30 pm – 7:30 pm

Girls Tennis

Team Practices and Freshmen Tryouts – Tennis Courts:

June 5 – July 12 Wed/Thu/Fri 1:00 – 3:00 Aug 5 – Aug 9 Mon-Fri 1:00 – 3:00

Girls Volleyball

Freshmen Tryouts – Big Gym:

Fri, May 31 9:00 am – 11:00 am

Team Practices – Big Gym:

July 15 – August 9 Mon-Fri 8:00 am – 1:00 pm

Boys Water Polo

Team Practices & Freshmen Tryouts – Pool:

June 17 – Aug 9 Mon/Tue/Wed/Fri 1:30 – 5:30

Thursdays 1:30 – 4:00

June 22 – Aug 10 Saturdays 11:00 – 1:00

Winter Sports

Boys Basketball

Freshmen Tryouts:

Fri May 31 12:00-1:00 Sat June 1 12:00-1:00

Team Practice Dates:

June 4 – July 18 Tue/Thu

Varsity: 1:30-4:00 – Big Gym JV: 1:30-3:30 – Small Gym FS: 5:30 – 7:00 Big Gym

June 7 – July 19 Fridays

Varsity: 1:30-3:30 - Big Gym

Girls Basketball

Team Practice Dates:

June 3 – July 10 – Big Gym Mon/Wed Red (Varsity): 1:30 – 3:30

Freshmen Summer Camp: 3:30 – 5:00

Blue (JV/Soph Returners): 4:00 – 6:00

June 8 – July 13 – Big Gym Saturdays

Open Gym – All Levels 8:00 am – 9:30 am

Freshmen Tryouts: Begin Tue, Aug 13

Cheer

Team Practices: Small Gym

June 3 – July 17 Mon/Wed 4:30 – 7:30

 July 22 – July 24
 Mon/Tue/Wed
 9:00 am – 11:00 am

 July 29 – August 9
 Mon/Tue/Wed/Thu/Fri
 9:00 am – 11:00 am

Boys Soccer

Freshmen Tryouts - Football Field:

June 1 Saturday 10:00-12:00

Team Practices – Football Field (6/3 - 6/12) & Grass Field (6/17 - 6/26):

June 3 – June 26 Mon/Wed 1:30 – 4:30

Winter Sports

Girls Soccer

Freshmen Tryouts - Football Field:

June 1 Saturday 8:00 – 10:00 am

Team Practices – Football Field (6/3-6/13) & Grass Field (6/17-7/20):

June 3 – July 20 Mon – Thu 4:30 – 7:30 pm

Saturdays 8:00 – 10:00 am

Girls Water Polo

Team Practices & Freshmen Tryouts - Pool:

June 17 – Aug 9 Mon/Tue/Wed/Fri 1:30 – 5:30

Thursdays 1:30 – 4:00

June 22 – Aug 10 Saturdays 11:00 – 1:00

Boys Wrestling

Team Practices & Freshmen Tryouts June 3 – July 19 Mon-Fri as follows:

Boys Wrestling Room:

Mon/Wed 6:00 – 7:30 pm Tue/Thu 6:00 – 8:00 pm Fri 2:00 – 3:30 pm

Indoor Weight Room:

Mon/Wed 5:00 – 6:00 Fri 1:00-2:00

Grass Field & Pool:

Thu 4:00 – 5:30

Track:

Mon/Wed 5:00 – 5:30 Fri 1:00 – 1:30

Outdoor Basketball Courts:

Mon/Wed 4:00 – 5:00 Fri 1:00 – 1:30

Girls Wrestling

Team Practices – Girls Wrestling Room:

July 16 – Aug 1 Tue/Thu 6:00 – 8:00 pm

Spring Sports

Baseball

Freshmen Tryouts - Baseball Field:

June 17 – June 20 Mon-Thu 3:00 – 5:00 June 25 – June 27 Tue-Thu 3:00 – 5:00

Varsity and JV Practices - Baseball Field:

 June 17 – August 1
 Tues/Wed/Thu
 2:30 – 5:00

 June 22 – August 3
 Saturdays
 10:00 – 2:00

Softball

Team Practices:

Fitness Lab

June 17 – July 24 Mon/Wed 1:30 – 4:00

Varsity Softball Field

June 17 – July 24 Mon/Wed 1:30 – 4:00

Boys Volleyball

Team Practices and Freshmen Tryouts - Small Gym:

July 22 – August 9 Mon-Fri 2:00 – 5:00

Boys Tennis

Team Practices and Freshmen Tryouts – Tennis Courts:

June 5 – July 12 Wed/Thu/Fri 1:00 – 3:00 Aug 5 – Aug 9 Mon-Fri 1:00 – 3:00

Boys and Girls Swim

See Boys or Girls Water Polo practice schedule