



Fall

Cross Country, Grades 7–12

First Practice: August 25 at 3:30 p.m.
State Tournament: October 21

Volleyball, Grades 9–12

Boys & Girls Varsity Teams
Tryouts: August 24 & 25
State Tournament: October 24–28

Golf, Grades 9–12

Boys & Girls Varsity Teams
First Practice: August 28

Ultimate Frisbee, Grades 7–8

Season begins: August

Mandatory Fall Sports

Parent Meeting

Tuesday, Sept. 5 from 6–7:00 p.m.

Winter

Basketball, Grades 7–12

Boys & Girls Varsity Teams
JV Boys & Girls Teams
JV Prep. Boys & Girls Teams
Varsity Tryouts: Week of November 7
State Tournament: Mid-February

Spring

Soccer, Grades 7–12

Boys & Girls Varsity Teams
Co-ed JV Team
Tryouts: End of February
State Tournament: Mid-May

Ultimate Frisbee, Grades 7–8

Season begins: March

Camps

VOLLEYBALL

+ Strength & Conditioning



Girls Camp – \$170

July 25–29, Tuesday–Saturday
8:00–10:00 a.m.
10:00–11:00 a.m. Break
11:00–1:00 p.m.

Boys Camp – \$170

July 25–29, Tuesday–Saturday
8:00–10:00 a.m.
10:00–11:00 a.m. Break
11:00–1:00 p.m.

All skill levels invited
to attend!

SPEED, AGILITY

& Vertical Training



Grades 9–12 – \$120

July 31–Aug 4 (Monday–Friday)
8:00–10:00 a.m.

