Field Hockey

Field hockey begins with mini camp August 14th-19th 8-11am on high school fields. Mini camp is not mandatory but it is highly recommended that you attend. Following that we will practice Mondays- Thursdays from 9-11am on the Middle School field. Please bring a stick, mouthguard, shin guards, goggles, cleats, sneakers, plenty of water and wear sunscreen! Any questions contact Coach- Mrs. Sarah Evert at <u>severt@srsd.net</u>

Cross Country - Boys and Girls teams will follow the same schedule.

Tuesday 8-15; Parents meeting and light practice, 5-7 P.M.

Monday 8-28 & Thursday 8-31 practice 5-7 P.M.

We will meet at the flag pole in front of the middle school.

Camp will be held on 8-14 to 8-18 & 8-21 to 8-25. Everyone who is signed up for the boys and girls will receive a letter with more information in late July or early August.

Boys XC Coach: Joe Tomczuk jtomczuk1@srsd.net

Girls XC Coach: Adele Berardi aberardi@srsd.net

Football

See attached packet. Any questions contact Coach Lister at *ilister@srsd.net*

Boys Soccer

Dates-August 16, 23, & 30 Times-5:00-6:30 pm Where-Behind S.R.M.S. on the soccer field

***There will be a short (15-20 minute) parents meeting on August 16th to discuss the upcoming season, schedules, and anything else needed to discuss

****All players should bring water, shin guards, & cleats

******ALL PLAYERS <u>MUST</u> HAVE ALL PHYSICAL AND ATHLETIC PERMIT PAPERWORK IN TO THE SCHOOL OR THAT PLAYER <u>WILL NOT</u> BE ABLE TO TRY OUT-----NO EXCEPTIONS!!!

Any questions contact Coach Costa at ecosta@srsd.net

Girls Soccer

Tryout Dates: August 16, 23, & 30 6:00-7:45p.m. at the Middle School Fields

All Players must have all paperwork completed, shinguards, cleats, sneakers, and a drink. Any questions contact Coach Moore at <u>mmoore@srsd.net</u>

Girls Volleyball

Girls volleyball will hold tryouts the first 3 days of school. We will hold a meeting on August 15th at 9 am in the middle school to discuss this. Physicals must be updated and completed by August 1st in order to tryout. Any questions, please contact Coach Ibe at <u>libe@srsd.net</u>