

## FALL SPORTS IMPORTANT DATES

Reminder-- All athletes MUST have a current 2019-2020 physical file as well as completed ALL forms on RANK ONE. Athlete will NOT be allowed to participate if requirements are not met.

Looking forward to a great year! Go Panthers!!!

CROSS COUNTRY- First day of practice starts Wednesday August 14th from 2:50-4:15 in the BIG Gym.



VOLLEYBALL Tryouts begin July 29 with teams posted on August 2. Practice will be from 7-9 AM. Practice times were changed as a result of our gym remodel not being complete. It will be worth the wait but we apologize for the change. After teams are posted, we will continue practice with the varsity and jr varsity teams. Uniforms are located in the small gym closet under the stairs. Volleyballs are in the big gym closet under the bleachers.

### SOFTBALL

First practice will be August 5th 9:00-11:00. Meet at the practice field in back of the school

### FOOTBALL

August 8th-- Football Camp-- 9:00- 11:00

August 12th-- Practice 4:00- 7:00

Detailed practice list was shared at parent meeting and we will be shared in August