

## HIGH SCHOOL INTERSCHOLASTIC SPORTS 2018-2019

Varsity sports are predominantly for 11 & 12 grade students unless no JV team exists  
JV sports are predominantly for 9 & 10 grade students

### FALL SPORTS

*\*Football begins August 20*

*All other Fall sports begin August 27*

*All Medical/Permission forms due between July 27th and August 14th*

**\*Varsity & JV Football (1<sup>st</sup> practice 7:30am High School)**

**Varsity & JV Boys Soccer (1<sup>st</sup> practice 9:00-11:30am Plainedge Park)**

**Varsity & JV Girls Soccer (1<sup>st</sup> practice 5:00pm High School)**

**Varsity & JV Girls Volleyball (1<sup>st</sup> practice 10:00am High School)**

**Varsity Boys Volleyball (Gr. 9-12) (1<sup>st</sup> practice 12:00-2:00pm High School)**

**Cross-Country (Gr. 9-12) (1<sup>st</sup> practice 7:00am High School)**

**Varsity Girls Tennis (Gr. 9-12) (1<sup>st</sup> practice 7:45am High School)**

**Varsity Golf (Gr. 9-12) (1<sup>st</sup> practice 9:00am High School)**

**\*Varsity & JV Cheerleading (1<sup>st</sup> practice 3:45pm Brian Moore Athletic Center)**

### WINTER SPORTS

*\*Wrestling begin November 7*

*All other sports begin November 13*

*All Medical forms due between October 2nd and November 2nd*

#### *These are for the FIRST DAY of tryouts only:*

*Boys Varsity Basketball - PHS gym 2:50*

*Boys JV Basketball --PHS gym 4:30*

*Girls Varsity and JV Basketball -- PHS gym 6:15*

*Varsity & JV Cheerleading 3:00 -- Brian Moore Athletic Center*

**Varsity & JV Boys Basketball (1<sup>st</sup> practice 4:45 HS Gym)**

**Varsity & JV Girls Basketball (1<sup>st</sup> practice 2:45 HS Gym)**

**Varsity Girls Bowling (Gr. 9-12) (1<sup>st</sup> practice 2:15 HS Gym)**

**Varsity Boys Bowling (Gr. 9-12) (1<sup>st</sup> practice 2:15 HS Gym)**

**Varsity Boys & Girls Winter Track (Gr. 9-12) (1<sup>st</sup> practice 2:45pm HS Gym)**

**\*Varsity & JV Wrestling (1<sup>st</sup> practice 2:45pm HS Wrestling room)**

**\*Varsity & JV Cheerleading (1<sup>st</sup> practice 3:30pm Brian Moore Athletic Center)**

### SPRING SPORTS

*Sports begin March 4*

*\*Track begins March 11, Boys Tennis begins March 18*

*All Medical forms due between January 25 and February 25*

**Varsity & JV Baseball (1<sup>st</sup> practice 2:45pm HS Baseball Field)**

**Varsity & JV Softball (1<sup>st</sup> practice 3:15pm Schwarting Elementary)**

**Varsity & JV Boys Lacrosse (1<sup>st</sup> practice 2:45pm Plainedge Park)**

**Varsity & JV Girls Lacrosse (1<sup>st</sup> practice 3:45 HS Lacrosse field)**

**Varsity Boys Track & Field (Gr. 9-12) (1<sup>st</sup> practice 2:45pm HS Track)**

**Varsity Girls Track & Field (Gr. 9-12) (1<sup>st</sup> practice 2:45pm HS Track)**

**\*Varsity Boys Tennis (Gr. 9-12) (1<sup>st</sup> practice 3:00pm HS Tennis Courts)**