

**FALL SPORTS TRYOUT SCHEDULE**  
**Season Dates: August 22<sup>nd</sup> thru October 25<sup>th</sup>**

**Girls Basketball: 7<sup>th</sup> and 8<sup>th</sup> graders only**

**Tryouts:** Thursday August 22<sup>nd</sup> and Friday August 23<sup>rd</sup>.

**7<sup>th</sup> Grade 3:30-4:45 both days**

**8<sup>th</sup> Grade 4:45-6:15 both days**

Teams will be posted that evening of Friday August 23<sup>rd</sup>.

**1<sup>st</sup> day of practice Monday 8/26**

7<sup>th</sup> Grade 3:30-5:00pm

8<sup>th</sup> Grade 4:30-6:15

**Soccer Tryouts: Co Ed team- 7<sup>th</sup> and 8<sup>th</sup> graders only**

Tuesday 8/27 3:30-5:30

Wednesday 8/28 2:45-4:45

Thursday 8/29 3:30-5:30

Friday 8/30 3:30-5:30

The team will be posted Friday evening

**1<sup>st</sup> day of practice will be Tuesday 9/3 3:30-5:00 followed by a parent meeting in room 604 at 5:30**

**Cross Country: Girls & boys- 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> graders may run**

Athletes will be running long distances- 1.8-2.2 miles

**“Tryouts” Tuesday August 27<sup>th</sup> and Thursday August 29<sup>th</sup>**

Practices will be Tuesdays and Thursdays from 3:30-4:30

**Coaches Contact information:**

**Girls Basketball Coach: 7<sup>th</sup> and 8<sup>th</sup>**

**Jann Thorpe – [jthorpe@sonomaschools.org](mailto:jthorpe@sonomaschools.org)**

**Co-Ed Soccer: Pamela Wiley**

**[pwwiley@sonic.net](mailto:pwwiley@sonic.net)**

**Cross Country: Julie Niehaus**

**[jniehaus@sonomaschools.org](mailto:jniehaus@sonomaschools.org)**

## REQUIREMENTS FOR TRYOUTS:

- 1) **Sign up-** The first week of school Ms Thorpe will be talking to all the PE classes about the Fall sports that are offered and the tryout schedule. At this time Ms Thorpe will also have any student interested in trying out to Sign up and grab a sports packet.
- 2) **Complete and Turn in the Sports Packet to Ms Thorpe or into Ms Thorpe's box in the main office.** – The sports packets will be distributed during the PE classes when the students sign up. There will always be copies of them up in the main office as well. This packet **MUST** be completed (parent and student signatures, along with insurance info) and Turned in to Ms Thorpe or Ms Thorpe's box in the main office **BEFORE** they are allowed tryout!
- 3) **Show Up, Be prepared, Have fun-**
  - ~ It is **highly recommended** that a student trying out for a team shows up to **EVERY** tryout. It is important that the coach gets as much time evaluating each of the players.
  - ~ Each student athlete should come with the proper equipment necessary for their sport. Athletic shorts, shirt, shoes, cleats, shin guards and water.
  - ~ Each student athlete should approach tryouts with a positive attitude and most importantly have fun.

If you have any questions feel free to contact Athletic Director, Jann Thorpe, at [jthorpe@sonomaschools.org](mailto:jthorpe@sonomaschools.org)