

## **SPORTS SEASONS – 2018-2019 N.S.A.A.**

All interscholastic sports are divided into three seasons - fall, winter, and spring. The division of sports, the date of the first allowed organized practice, and the closing date of the season shall be as follows. No individual may participate simultaneously in more than one sport per season. Athletes are not allowed to participate in activities outside the school while involved in the same activity in school, i.e. Cross-Country/Road Races, Football/Air-It-Out are specific examples.

To be eligible, a student must have passed twenty (20) credits the previous semester and be continuously enrolled and pass at least twenty (20) credit hours of instruction in the current semester at the school the student represents in interscholastic competition.

**\*Reminder:** On-line registration must be completed, the **non-refundable athletic** fees paid (on-line or in the office) and an Athletic Pre-Participation Clearance Form (physical stating "cleared to participate" dated after May 1, 2018) must be submitted prior to the first day of practice.

### **FIRST DAY OF PRACTICE/TRYOUTS**

#### **FALL – August 6, 2018**

Cross Country  
Football  
Golf, Girls  
Softball  
Tennis, Boys  
Volleyball, Girls

#### **UNIFIED BOWLING – October 15, 2018**

#### **WINTER – November 12, 2018**

Basketball, Boys  
Basketball, Girls  
Swimming/Diving  
Wrestling

#### **SPRING – February 25, 2019**

Baseball  
Golf, Boys  
Tennis, Girls  
Track  
Soccer, Girls  
Soccer, Boys