

## Seneca Valley Fall Try-outs Schedule

These are the approximate times of each fall team's practices each day. Times are subject to change- please refer to [www.svhsathletics.org](http://www.svhsathletics.org) for any updates.

### Varsity Football and JV football

**Tuesday, August 07th Equipment Issued**

8:30 a.m.	-	9:00 a.m.	Seniors
9:00 a.m.	-	9:30 a.m.	Juniors
9:30 a.m.	-	10:00 a.m.	Sophomores
10:00 a.m.	-	10:30 a.m.	Freshman
1:30 p.m.	-	3:00 p.m.	Team Meeting @ the Auditorium

**August 8<sup>th</sup>-11<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 21<sup>st</sup>, 22<sup>rd</sup>, 24<sup>th</sup> (JV only), 25<sup>th</sup>- (V only) - Single Practice Sessions**

7:00 a.m.	-		Locker Room opens
8:00 a.m.	-	8:30 a.m.	Team Meeting
8:30 a.m.	-	11:30 a.m.	Practice
11:30 a.m.	-	1:00 pm	Lunch
1:00 p.m.	-	2:30 pm	Team Meeting
2:30 pm	-	3:30 pm	Walkthrough
5:30 pm	-		Locker room closed

**August 14<sup>th</sup>, 16<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>- Double Practice Sessions**

7:00 a.m.			Locker Room Opens
8:00 a.m.	-	8:30 a.m.	Team Meeting
8:30 a.m.	-	11:00 a.m.	A.M. Practice
11:00 a.m.	-	1:00 p.m.	Lunch
1:00 p.m.	-	1:30 p.m.	Team Meeting
2:00 p.m.	-	4:30 p.m.	P.M. Practice
5:30 p.m.			Locker Room Closed

**August: Scrimmages**

18	Varsity Scrimmage # 1 @ Urbana, 10 AM.
18	JV Scrimmage # 1 @ Quince Orchard, 10 a.m.
24	Varsity Scrimmage # 2 @ Paint Branch 6 pm
25	JV Scrimmage #2 @ Paint Branch 10 am

**September: Scrimmages**

30 <sup>th</sup>	JV Football Scrimmage #3 @ Clarksburg 4 pm
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**August 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>-Rest of season-(weekdays)-Single Practice sessions**

1:00 p.m.	-	2:00 p.m.	Varsity Weight Training
3:00 p.m.	-	5:30 p.m.	Practice
5:30 p.m.	-	6:00 p.m.	Team Meeting
7:00 p.m.			Locker Room Closed

### Cross Country

**August 8-August 10th: practice 8-10am SVHS**

**August 13-14 practice 8-10am SVHS**

**August 15th practice Black Hills Regional Park**

**August 16th 2pm team picture, practice immediately following picture around 2:30-4:30pm**

**August 17th –Meet at Fleet Feet in Gaithersburg- 8 AM**

**August 20th practice 8-10am Black Hills Regional park**

**August 21st: Coach Ashe has an IB training**

**August 22nd: 1:00pm SVHS athletics kick off, practice immediately following**

August 23-24 practice 8-10am SVHS

August 27-31 practice 3:15pm-5:15pm SVHS

### Volleyball-Varsity –JV

August 8<sup>th</sup>-10<sup>th</sup> 9-12 am-main gym

August 13<sup>th</sup>-17<sup>th</sup>; 20<sup>th</sup> -24<sup>th</sup> 9-12 am-main gym

August 27<sup>th</sup>-rest of season 3-5 Main Gym

### Poms

August 8<sup>th</sup>-August 11<sup>th</sup> 5-7:30- Auxiliary Gym

August 13<sup>th</sup>-17<sup>th</sup>, 20<sup>th</sup>-24<sup>th</sup>; 27<sup>th</sup>-31<sup>st</sup>-2:30-4:30pm mg/sg/dr

September 4<sup>th</sup>- the rest of the season- Mon-Thur-530-730-location varies

### Varsity and JV Cheerleading

August 8<sup>th</sup>- August 10<sup>th</sup> 5- 8 pm- Main gym

Saturday, August 11<sup>th</sup> 10 am- Main Gym

August 13<sup>th</sup>- 16<sup>th</sup>, 20<sup>th</sup>-23<sup>rd</sup> 5-7 Main Gym/small gym/outside

Practice- 5-7 pm Mon-Thur- starting August 27<sup>th</sup>- main gym/small gym/ outside

### Field Hockey-JV and Varsity

**\*\*1<sup>ST</sup> DAY IS TBD- WE ARE HOPING TO PRACTICE FRIDAY- CLEMENTE MS- BUT MOST LIKELY MONDAY AUGUST 13<sup>TH</sup>- TIME TBD AT CLEMENTE MS\*\***

### Girls Soccer Varsity and JV- Gunner lake park

August 8<sup>th</sup>-10<sup>th</sup>, 13-17<sup>th</sup>, 20<sup>th</sup>-24<sup>th</sup>- 3:15-6:15

August 25<sup>th</sup>- rest of the season- 3:15-5:15

### Boys Soccer Varsity and JV-Gunners lake park

August 8<sup>th</sup>-10<sup>th</sup>, 13<sup>th</sup>-17<sup>th</sup>, 20<sup>th</sup>-24<sup>th</sup>- 3- 6 pm

August 25<sup>th</sup>- rest of the season – 3-5 pm

### Golf

August 14<sup>th</sup>- 2 pm- Rattlewood Golf Course- if you are planning on attending- make sure to contact Coach Black

August 15<sup>th</sup>- 2 pm- Little Bennet Golf Course- if you are planning on attending- make sure to contact Coach Black

August 17<sup>th</sup>-3 pm-Rattlewood Golf Course- if you are planning on attending- make sure to contact Coach Black

Practice Schedule will range after teams are set.