

Sport	Start Date	Time	Location	Practice Schedules	Coach
Football	August 5	8:00-10:00	Weight Room	8/6-7: 8-10am 8/8: Picture Day 9:00-2:00 8/9: 3:30-6:00 8/10: 9:00-10:30, 3:00-5:30 8/12-8/14: 4:00-6:30	Tim Lugo tlugo@lgsuhd.org
Field Hockey	August 12	4:00-7:00	Upper Field	Same Schedule every day	Nanu Sidhu coachnsidhu@lgsuhd.org
Boys Water Polo	August 5	5:00-7:00	Pool Deck	Same Schedule M-F	Jerome Chung coachjchung@lgsuhd.org
Girls Water Polo	August 8	2:30-5:00	Pool deck	Same Schedule M-F	Melissa Hesselgrave mhesselgrave@lgsuhd.org
Girls Golf	August 15	3:30-5:00	Saratoga Country Club	Mandatory 3 Day Tryout: 8/19, 8/20, 8/21 Golf attire, golf shoes, and clubs are required for tryouts	Dave Gagnola coachdgragnola@lgsuhd.org
Girls Cross Country	August 12	2:30-4:00	Track	8/13-8/14: 2:30-4:00	Danny Moon coachdmoon@lgsuhd.org
Boys Cross Country	August 12	4:00-6:00	Track	8/7-8/10: 4:00-6:00 Weight Room open from 6:00-7:00	Ian Tippetts coachitippetts@lgsuhd.org
Girls Tennis	August 14	3:00-5:00	Tennis courts	8/14-8/15: 3:00-5:00	Florin Marica coachfmarica@lgsuhd.org
Girls Volleyball	August 9	5:30-7:30	Gym	8/10: 3:00-5:00 8/12-8/14: 5:30-7:30 Tryouts-Must attend all 3 days	Steve Chiou coachschiou@lgsuhd.org