**2018-2019 SHS ATHLETIC OPPORTUNITIES FOR YOU!**

**FALL**

Boys and Girls Cross Country 1st practice July 30

Football 1st practice July 30

Girls Golf 1st practice July 27

Boys Soccer and Girls Soccer 1st practice July 30

Boys Tennis 1st practice July 30

Volleyball 1st practice July 30

**WINTER**

Boys Basketball 1st practice November 5

Girls Basketball 1st practice October 15

Boys and Girls Bowling 1st practice Late October

Gymnastics 1st practice November 12

Boys Swimming & Diving 1st practice November 5

Girls Swimming & Diving 1st practice October 22

Wrestling 1st practice October 29

**SPRING**

Baseball 1st practice March 11

Boys Golf 1st practice March 11

Softball 1st practice March 4

Girls Tennis 1st practice March 11

Boys and Girls Track & Field 1st practice February 11

**You must have a physical and concussion form on file in order to tryout & practice with all of our athletic teams!**

**SHS also offers opportunities in Student Athletic Training. You may contact Certified Athletic Trainer Chasity Wilson at 317-398-9731, ext. 2254 for more information.**

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