

# **2019-2020 SHS ATHLETIC OPPORTUNITIES FOR YOU!**

## **FALL**

Boys and Girls Cross Country	1 <sup>st</sup> practice	August 5
Football	1 <sup>st</sup> practice	August 5
Girls Golf	1 <sup>st</sup> practice	August 2
Boys Soccer and Girls Soccer	1 <sup>st</sup> practice	August 5
Boys Tennis	1 <sup>st</sup> practice	August 5
Volleyball	1 <sup>st</sup> practice	August 5

## **WINTER**

Boys Basketball	1 <sup>st</sup> practice	November 11
Girls Basketball	1 <sup>st</sup> practice	October 21
Boys and Girls Bowling	1 <sup>st</sup> practice	Late October
Gymnastics	1 <sup>st</sup> practice	November 18
Boys Swimming & Diving	1 <sup>st</sup> practice	November 11
Girls Swimming & Diving	1 <sup>st</sup> practice	October 28
Wrestling	1 <sup>st</sup> practice	November 4

## **SPRING**

Baseball	1 <sup>st</sup> practice	March 16
Boys Golf	1 <sup>st</sup> practice	March 16
Softball	1 <sup>st</sup> practice	March 9
Girls Tennis	1 <sup>st</sup> practice	March 16
Boys and Girls Track & Field	1 <sup>st</sup> practice	February 17

**You must have a physical and concussion form on file in order to tryout & practice with all of our athletic teams! Remember we are now using final forms!!**

**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.**

