

CITY SCHOOL DISTRICT OF ALBANY ATHLETICS

WEEK #1 PRACTICE/JV & VARSITY TRYOUT SCHEDULE

LEVEL	SPORT	DATE	DAYS	TIME	WHAT TO BRING
VARSAITY/JV	CHEERLEADING	8/14	MON	3:30-5:30 p.m. TRYOUTS (rubber gym or turf, depending on weather)	Water, sneakers, and wear appropriate workout/athletic attire.
		8/15	TUES	3:30-5:30 p.m. TRYOUTS (rubber gym or turf, depending on weather)	" "
		8/16	WED	3:30-5:30 p.m. TRYOUTS (rubber gym or turf, depending on weather)	" "
		8/17	THURS	3:30-5:30 p.m. PRACTICE (rubber gym or turf, depending on weather)	" "
					" "
					" "
VARSAITY	CROSS COUNTRY	8/14	MON	9-11 a.m., track	Water bottle.
BOYS & GIRLS		8/15	TUES	9-11 a.m., track	" "
		8/16	WED	9-11 a.m., track	" "
		8/17	THURS	9-11 a.m., track	" "
		8/18	FRI	9-11 a.m., track	" "
		8/19	SAT	TBD	" "
VARSAITY/JV	FOOTBALL	8/14	MON	2-8 p.m.; meet in Albany High locker room, practice on turf	Shorts, sneakers, cleats.
		8/15	TUES	2-8 p.m.; meet in Albany High locker room, practice on turf	" "
		8/16	WED	2-8 p.m.; meet in Albany High locker room, practice on turf	" "
		8/17	THURS	2-8 p.m.; meet in Albany High locker room, practice on turf	" "
		8/18	FRI	2-8 p.m.; meet in Albany High locker room, practice on turf	" "
		8/19	SAT	TBD	" "
VARSAITY/JV	SOCCER/GIRLS	8/14	MON	7-8:30 a.m., turf	Players are to wear soccer apparel, socks, shin guards, cleats, sneakers, sunscreen, water bottle.
		8/15	TUES	7-8:30 a.m.,turf	" "
		8/16	WED	7-8:30 a.m., turf	" "

		8/17	THURS	7-8:30 a.m., turf	" "
		8/18	FRI	7-8:30 a.m., turf	" "
VARSIITY/JV	SOCCEER/BOYS	8/14	MON	8-9:30 a.m., track/10 a.m.-noon, turf	Running sneakers, soccer cleats, water bottle, soccer socks, shin guards, healthy snack (fruit), and a desire to work hard every day.
		8/15	TUES	8-9:30 a.m., track/10 a.m.-noon, turf	" "
		8/16	WED	8-9:30 a.m., track/10 a.m.-noon, turf	" "
		8/17	THURS	8-9:30 a.m., track/10 a.m.-noon, turf	" "
		8/18	FRI	8-9:30 a.m., track/10 a.m.-noon, turf	" "
		8/19	SAT	8-9:30 a.m., track/10 a.m.-noon, turf	" "
VARSIITY	SWIM/GIRLS		MON	8:30-10:30 a.m., Albany High pool	Swimsuits, towel, goggles, (bathing cap if you have one), shorts, sneakers, and t-shirts for land workouts.
			TUES	8:30-10:30 a.m., Albany High pool	" "
			TUES	3-5 p.m., Albany High pool	" "
			WED	8:30-10:30 a.m., Albany High pool	" "
			THURS	8:30-10:30 a.m., Albany High pool	" "
			THURS	3-5 p.m., Albany High pool	" "
			FRI	8:30-10:30 a.m., Albany High pool	" "
			SAT	9-11 a.m., Albany High pool	" "
VARSIITY	TENNIS/GIRLS	8/14	MON	8:30-11 a.m., Myers tennis courts	Sneakers, shorts with pockets, water, sunscreen, tennis racket (some will be available for use).
		8/15	TUES	9-11:30 a.m., Myers tennis courts	" "
		8/16	WED	8:30-11 a.m., Myers tennis courts	" "
		8/17	THURS	9-11:30 a.m., Myers tennis courts	" "
		8/18	FRI	9-11:30 a.m., Myers tennis courtsS	" "
		8/19	SAT	8:30-11 a.m., Myers tennis courts	" "
VARSIITY/JV	VOLLEYBALL	8/14	MON	9-11 a.m., main gym	Knee pads, athletic sneakers, water.
		8/15	TUES	9-11 a.m., main gym	" "
		8/16	WED	9-11 a.m., main gym	" "
		8/17	THURS	9-11 a.m., main gym	" "
		8/18	FRI	9-11 a.m., main gym	" "