

WILDCAT ATHLETICS

SPRING SPORT TRYOUTS

January 28 - February 1

BASEBALL (M-F)

Freshman – Meet in the SI Batting Cages - Frosh
Baseball Blog: <https://sifroshbaseball.blogspot.com>
JV – Get on Practice Bus to FAIRMONT - Practice Bus departs at 3:00 PM and Returns to SI @ 5:30 PM
Varsity – Practice At Marchbank - 3-6 PM

CREW (M-F)

Boys Frosh
Mon 1/28 - Meet on upper field 10 minutes after school - rest of week tryout plan will be shared at that time.
Girls Frosh
Wear spandex shorts or pants with white shirt -- write first/last name on the back - bring a water bottle. The plan is to run to the Boathouse, ERG test, and run back to SI.

BOYS' GOLF (M-Th)

Mon 1/28: Presidio Driving Range – Vans will leave the garage immediately after school or meet at the Presidio Driving Range by 3:10 PM.
Tues 1/29: Presidio Golf Course – 9 holes – Vans will leave the garage immediately after school or meet at the Presidio Driving Range by 3:00 PM.
Wed 1/30: Sharp Park Golf Course – 9 holes – Vans will leave the garage immediately after school or meet at the Sharp Park by 3:00 PM.
Thu 1/31: Sharp Park Golf Course – 9 holes – Vans will leave

BOYS' LACROSSE (M-F)

Mon 1/28: JV /Varsity – Get on Practice Bus to Gellert - Departs at 3:00 PM and Returns at 5:00 PM
Tue Jan 29: JV/V: Bring Workout Gear/Running Shoes
Wed Jan 30 : JV /Varsity – TBA
Thur Jan 31: JV /Varsity – Get on Practice Bus to Gellert - Departs at 3:00 PM and Returns at 5:00 PM
Fri Feb 1: JV /Varsity – TBA

GIRLS' LACROSSE (M-S)

Mon 1/28: JV /Varsity Meet in Room 109 at 3:30 PM
(Bring Running Shoes / White T-Shirt that you can write on)
Tue 1/29: JV/Varsity - Get on Practice Bus to Gellert - Departs at 3:00 PM and Returns at 5:00 PM
Wed-Fri 1/30-2/1: JV/Varsity – TBA
Sat Feb 2: JV/Varsity – SI Upper Field (9-12:00)

SOFTBALL (M-F)

JV / Varsity – (M-F) Get on Practice Bus to FAIRMONT - Departs at 3:00 PM and Returns at 5:00 PM

BOYS' & GIRLS' SWIMMING (M-F)

Girls - M/W/F: 3-4:30 PM; T/TH 4:30-5:45 PM
Boys - M/W/F: 4:30-5:45 PM; T/TH 3-4:30 PM

BOYS' TENNIS (M-F)

Varsity - begins 1/2 half-hour after last bell until 5:30.
JV - begins 1/2 half-hour after last bell until 5:30

BOYS' & GIRLS' TRACK & FIELD (M-F)

Please sign up online on the SI Track and Field Web Page
TRY OUTS – Start Jan 28th - meet in stadium bleachers
(Any questions see Coach Hickox)

BOYS' VOLLEYBALL (M-F)

Varsity- Starts Jan 28th 6:00 – 8:00 PM in Gym
JV - Starts Feb 4th 6:00 – 8:00 PM in Gym