

# **SPARTAN FALL SPORTS**

## **VOLLEYBALL, TENNIS, CROSS-COUNTRY, TRACK, FOOTBALL**

### **SUMMER SCHEDULE, EARLY REPORT AND TRYOUT DATES**

#### **VOLLEYBALL**

Middle school/incoming Freshmen camp: Week of July 23-26, times TBD

Open Gym: July 30/31, times TBD

Tryouts/Two-a-Days: start August 1<sup>st</sup> (it's a Wednesday), times TBD

#### **TENNIS**

Our tryouts will be:

Wednesday, August 1<sup>st</sup> 8-11 AM: Incoming Freshmen (possibility of moving on to multiple days of tryouts)

Thursday, August 2<sup>nd</sup> 8-11 AM and 4-7 PM: New Upperclassmen, Freshmen team from 2017-2018, and Lower JV Spots 7-12 from 2017-2018 (possibility of moving on to multiple days of tryouts)

Friday, August 3<sup>rd</sup> 8-11 AM and 4-7 PM: Upper JV Spots 6-12 from 2017-2018 and players that move on from previous days

Monday, August 6<sup>th</sup> 4-7 PM: Any incoming champs and super champs, Returning Varsity from 2017-2018, and players that move on from previous days

Practice for players that make varsity will start Tuesday, August 7<sup>th</sup> from 3:30-5:30 PM and be every week day until school starts.

Our tryouts consist of lots of mini matches to determine ranking. The top ranked players from each day move on to the next day. It is possible for freshmen to keep moving on all the way to varsity.

#### **CROSS-COUNTRY**

CROSS-COUNTRY

\* June 18<sup>th</sup> @ 7am New Runners or Incoming Freshman meet in the weight room.

\* June 25<sup>th</sup> @ 7am Returning Runners and New Runners / Incoming Freshman meet in the weight room

\* August the 7<sup>th</sup> @ 7am TRY OUTS for new runners or juniors that must make the 4 mile tempo run cut off time.

IMPORTANT: ALL RUNNERS MUST HAVE 2018-2019 UIL

Physical <http://www.uiltexas.org/files/athletics/forms/PrePhysForm15.pdf>

TRACK

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Physical <http://www.uiltexas.org/files/athletics/forms/PrePhysForm15.pdf>

\* August 23<sup>rd</sup> DEADLINE FOR ALL REQUIRED PAPERWORK FOR STUDENTS THAT ARE IN 7<sup>TH</sup> / 8<sup>TH</sup>

PERIOD TRACK CLASS

\* August 27<sup>th</sup> TRY-OUTS: Time Trial based on minimum standards for ALL athletes in the 7<sup>th</sup> / 8<sup>th</sup> PERIOD TRACK CLASS.

CROSS-COUNTRY INFORMATION

Coach Joseph Brillon – C: 281-851-6134

EMAIL: [joseph.brillon@springbranchisd.com](mailto:joseph.brillon@springbranchisd.com)

Website (May 15<sup>th</sup>) for cross-country and track : <http://stratfordcrosscountry.com/>

**FOOTBALL**

**Summer Conditioning**

**“S.A.C.”**  
**Stratford Athletic Conditioning**  
**Summer Conditioning Program For All Sports**

Sessions

Session 1      8:00-10:00 a.m.

Camp Dates

Monday – Thursday

June 11<sup>th</sup> – August 2<sup>nd</sup>

\* **No Camp the week of July 2<sup>nd</sup> – 5<sup>th</sup>**

\* **No Camp the week of July 23<sup>rd</sup> – 26<sup>th</sup>**

**Report dates**

**9<sup>th</sup> grade\*\*\*\*** We are considering a one-day camp on Friday, August 3<sup>rd</sup>

**9<sup>th</sup> grade** - Paperwork and Mandatory Practice Start Date (Monday, August 6<sup>th</sup>)

**Soph, JV, and Varsity** - Paperwork Day (Saturday, August 11<sup>th</sup>)

**Soph, JV, and Varsity** - Practice Start Date (Monday, August 13<sup>th</sup>)