



Sport Sign-Up Procedure

Sign ups for fall, winter and spring sports are open on the Spartanburg Day School website. When you register for a sport, **please indicate the highest level of competition that you would like to participate in and for which you/your child are age eligible.** This will help us to manage the tryout process if that sport necessitates it.

Roster Limit Team Tryout Dates

FALL

First Day of Practice

You will hear from your program head with details for the sport in which you registered. The first day SCISA allows Fall practice to start is July 25, 2024.

Tryout Dates

Aug. 14-15: Varsity Girls Tennis, Varsity Girls Golf, MS Boys Soccer

Aug. 19-20: Varsity, JV & MS Volleyball

Decisions will be made after the tryout day on Aug. 15. The official team will resume practices on Aug. 16. Volleyball team decisions will be made after the tryout day on Aug. 20. The official team will resume practices on Aug. 21.

WINTER

First day of practice: Oct. 28

Tryout Dates

Oct. 21-22: Varsity Boys Basketball

Oct. 23-24: Varsity Girls Basketball

Oct. 28-29: Middle School Boys Basketball

Oct. 30-31: Middle School Girls Basketball

Decisions for varsity will be made after the try out day on Oct. 24. The official team will resume practices on Oct. 28. Decisions for Middle School will be made after the tryout day on Oct. 31. The official team will resume practices on Nov. 1.

SPRING

First Day of Practice: Jan. 27

Tryout Dates

Jan. 24-25: Varsity Boys Soccer, Varsity Girls Soccer, Varsity Boys Tennis, Varsity Boys Golf, MS Girls Soccer

Decisions will be made after the tryout day on Jan. 25. The official team will start practices on Jan. 27.



ROSTER LIMITS & TEAM AGE ELIGIBILITY

ROSTER LIMITS	GRADES	NO ROSTER LIMITS	GRADES
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FALL

Varsity Girls Golf (8)	6th-12th	Varsity Boys Cross Country	6th-12th
Junior Varsity Girls Golf (8)	5th-10th	Varsity Girls Cross Country	6th-12th
Varsity Girls Tennis (12)	6th-12th	Varsity Boys Swimming	6th-12th*
Junior Varsity Girls Tennis (12)	5th-10th	Varsity Girls Swimming	6th-12th*
Middle School Boys Soccer (18)	5th-8th	Middle School Football	5th-8th
Varsity Girls Volleyball (12)	6th-12th	Middle School Cheerleading	5th-8th
Junior Varsity Girls Volleyball (12)	5th-10th		
Middle School Girls Volleyball (12)	5th-8th		

**5th graders are invited to train with the swim team starting in the summer and through the fall season. They can also participate in the meets, but their times will not qualify them for the state competition per SCISA age requirements.*

WINTER

Varsity Boys Basketball (12)	8th-12th	Junior Griffins Boys Basketball	5th-6th
Varsity Girls Basketball (12)	8th-12th	Junior Griffins Girls Basketball	5th-6th
Junior Varsity Boys Basketball (12)	6th-10th	Varsity Cheerleading	6th-12th
Junior Varsity Girls Basketball (12)	6th-10th	Middle School Cheerleading	5th-8th
Middle School Boys Basketball (12)	5th-8th		
Middle School Girls Basketball (12)	5th-8th		

SPRING

Varsity Boys Golf (8)	6th-12th	Varsity Boys Baseball	8th-12th
Junior Varsity Boys Golf (8)	5th-10th	Middle School Boys Lacrosse	5th-8th
Varsity Boys Tennis (12)	6th-12th	Middle School Girls Lacrosse	5th-8th
Junior Varsity Boys Tennis (12)	5th-10th	Varsity Boys Track & Field	6th-12th
Varsity Boys Soccer (18)	8th-12th	Varsity Girls Track & Field	6th-12th
Varsity Girls Soccer (18)	8th-12th	Middle School Boys Track & Field	5th-8th
Middle School Girls Soccer (18)	5th-8th	Middle School Girls Track & Field	5th-8th



SUMMER WORKOUT SCHEDULE

Strength and Conditioning Coach Brad Cooper will be supervising age-appropriate and gender-specific strength and conditioning workouts from June 3 through July 25 at Spartanburg Day School based in the Triad Fitness Center in the Webster Athletic Complex. This is encouraged, but not required and can be used by the student athletes without a fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BOYS 8-9 a.m. (8th-12th)	BOYS 8-9 a.m. (8th-12th)	BOYS 8-9 a.m. (8th-12th)	BOYS 8-9 a.m. (8th-12th)	OFF
GIRLS 9-10 a.m. (8th-12th)	GIRLS 9-10 a.m. (8th-12th)	GIRLS 9-10 a.m. (8th-12th)	GIRLS 9-10 a.m. (8th-12th)	OFF
BOYS 10-11 a.m. (5th-7th)	BOYS 10-11 a.m. (5th-7th)	BOYS 10-11 a.m. (5th-7th)	BOYS 10-11 a.m. (5th-7th)	OFF
GIRLS 11 a.m.-noon (5th-7th)	GIRLS 11 a.m.-noon (5th-7th)	GIRLS 11 a.m.-noon (5th-7th)	GIRLS 11 a.m.-noon (5th-7th)	OFF