

	Cross Country			
ADDITIONAL INFORMATION	*SPECIAL SCHEDULE WEEK OF Aug 11* Mon Aug, 11: 3:25-5:25 PM @GHS track Tues, Aug 12: 3:25-5:25 @GHS track Wed, Aug 13: 1:55-3:55 PM @GHS track Thurs, Aug 14: 3:25-5:25 PM @GHS track Fri, Aug 15: 3:25-5:25 PM @GHS track Sat, Aug 16: 8:00-10:00AM @See's to run trail			
PRACTICE SCHEDULE	Location: M-F Practices at GHS Track, Sat. Practice location changes			
	Monday: 3:25 - 5:25 PM			
	Tuesday: 3:25 - 5:25 PM			
	Wednesday: 3:25 - 5:25 PM			
	Thursday: 3:25 - 5:25 PM			
	Friday: 3:25 - 5:25 PM			
	Saturday: 8:00 - 10:00 AM			
Sport	JV DANCE	VARSITY DANCE		
TRYOUT INFORMATION	Wednesday, August 27th and Thursday August 28th from 3:30-5:30pm. Pre-tryout meeting- Tuesday, August 19th 6pm-8pm in Athletic Classroom		Already held in May	
ADDITIONAL INFORMATION	Practices starting September 9th through February 6th Choreography - Saturday, September 13th from 9am-1pm. New Team Meeting - Tuesday, September 2nd from, 6-8pm		Practices starting August 14 through February 7	
PRACTICE SCHEDULE	Location: Dance Room		Location: Dance Room	
	Tuesday: 5:30 to 7:00 PM		Tuesday: 3:30 to 5:30 PM	
			Thursday: 8:00 to 10:00 PM	
Sport	JV & VARSITY GIRLS GOLF			
TRYOUT INFORMATION	Monday, Aug. 11- Friday, Aug. 15th at Las Positas Golf Course @ 4:00 PM			
PRACTICE SCHEDULE	Location: At Las Positas Golf Course			
	Monday: 4:00 PM			
	Tuesday: 4:00 PM			
	Wednesday: 4:00 PM			
	Thursday: 4:00 PM			
	Friday: 4:00 PM			
Sport	JV FLAG FOOTBALL	VARSITY FLAG FOOTBALL		
TRYOUT INFORMATION	Wed., Aug. 13th, Thurs. Aug. 14th and Fri. Aug. 15th 6:00 - 8:00 PM on the Football Field		Monday, Aug. 11st and Tuesday Aug. 12th 6:00 - 8:00 PM on the Football Field	
TRYOUT/PRACTICE SCHEDULE	Location: GHS Football Field		Location: GHS Football Field	
	Monday: 6:30 to 8:30PM		Monday: 6:30 to 8:30PM	
	Tuesday: 6:30 to 8:30PM		Tuesday: 6:30 to 8:30PM	
	Wednesday: 6:30 to 8:30PM		Wednesday: 6:30 to 8:30PM	
	Thursday: 6:30 to 8:30PM		Thursday: 6:30 to 8:30PM	
	Friday: 6:30 to 8:30PM		Friday: 6:30 to 8:30PM	
Sport	FROSH FOOTBALL	JV FOOTBALL	VARSITY FOOTBALL	
ADDITIONAL INFORMATION	First Day of Practice: Aug. 11st	First Day of Practice: Aug. 11st	First Day of Practice: Aug. 11st	
PRACTICE SCHEDULE	Location: GHS Football Field	Location: GHS Football Field	Location: GHS Football Field	
	Monday: 4:30 to 6:30 PM	Monday: 3:30 to 5:30 PM	Monday: 3:30 to 6:00 PM	
	Tuesday: 4:30 to 6:30 PM	Tuesday: 3:30 to 5:30 PM	Tuesday: 3:30 to 6:00 PM	
	Wednesday: 4:30 to 6:30 PM	Wednesday: 3:30 to 5:30 PM	Wednesday: 3:30 to 6:00 PM	
	Thursday: Games	Thursday: 3:30 to 5:30 PM	Thursday: 3:30 to 6:00 PM	
	Friday: 3:30 to 5:30 PM	Friday: Games	Friday: Games	
Sport	FROSH GIRLS VOLLEYBALL	JV GIRLS VOLLEYBALL	VARSITY GIRLS VOLLEYBALL	
TRYOUT INFORMATION	8/11 & 8/12 from 8:30 to 11:30 AM in Large Gym	8/11 & 8/12 from 8:30 to 11:30 AM in Large Gym	8/11 & 8/12 from 8:30 to 11:30 AM in Large Gym	
PRACTICE SCHEDULE	Location: GHS Small Gym	Location: GHS Large Gym	Location: GHS Large Gym	
	Monday: 3:30 to 5:30 PM	Monday: 5:30 to 7:30 PM	Monday: 3:30 to 5:30 PM	
	Tuesday: 3:30 to 5:30 PM	Tuesday: 5:30 to 7:30 PM	Tuesday: 3:30 to 5:30 PM	
	Wednesday: 3:30 to 5:30 PM	Wednesday: 5:30 to 7:30 PM	Wednesday: 3:30 to 5:30 PM	
	Thursday: 3:30 to 5:30 PM	Thursday: 5:30 to 7:30 PM	Thursday: 3:30 to 5:30 PM	
	Friday: 3:30 to 5:30 PM	Friday: 5:30 to 7:30 PM	Friday: 3:30 to 5:30 PM	
Sport	JV GIRLS WATER POLO	VARSITY GIRLS WATER POLO		
TRYOUT INFORMATION	8/11-8/15 from 3:30 to 5:30 PM at GHS Pool	8/11-8/15 from 3:30 to 5:30 PM at GHS Pool		
PRACTICE SCHEDULE	Location: GHS Pool	Location: GHS Pool		
	Monday: 5:30 to 6:45 PM	Monday: 3:30 to 5:30 PM		
	Tuesday: 5:30 to 6:45 PM	Tuesday: 3:30 to 5:30 PM		
	Wednesday: 5:30 to 6:45 PM	Wednesday: 3:30 to 5:30 PM		
	Thursday: 5:30 to 6:45 PM	Thursday: 3:30 to 5:30 PM		
	Friday: 5:30 to 6:45 PM	Friday: 3:30 to 5:30 PM		
Sport	JV BOYS WATER POLO	VARSITY BOYS WATER POLO		
TRYOUT INFORMATION	8/11-8/15 from 5:30 to 7:30 PM at GHS Pool	8/11-8/15 from 5:30 to 7:30 PM at GHS Pool		
TRYOUT/PRACTICE SCHEDULE	Location: GHS Pool	Location: GHS Pool		
	Monday: 3:30 to 5:30 PM	Monday: 5:30 to 7:30 PM		
	Tuesday: 3:30 to 5:30 PM	Tuesday: 6:30 to 7:30 PM		
	Wednesday: 3:30 to 5:30 PM	Wednesday: 5:30 to 7:30 PM		

	Thursday: 3:30 to 5:30 PM	Thursday: 5:30 to 7:30 PM	
	Friday: 3:30 to 5:30 PM	Friday: 5:30 to 7:30 PM	
Sport	TENNIS		
TRYOUT INFORMATION			
TRYOUT/PRACTICE SCHEDULE	Aug 18 - Aug 22 from 4:00 to 7:00 PM		
	Location: GHS Tennis Courts		
	Monday: 4:00 - 6:00 PM		
	Tuesday: 4:00 - 6:00 PM		
	Wednesday: 4:00 - 6:00 PM		
	Thursday: 4:00 - 6:00 PM		