



## 2026 Spring Tryout Information

See below for specific Spring Sport information. Contact the coach with any questions .

**All student athletes must be approved on [Aktivate](#) prior to any participation.**

**Baseball** - Coach Hamilton [hamilton@cghsfl.org](mailto:hamilton@cghsfl.org)

**Tryouts start Monday, Jan 12, 2026**

Monday-Thursday- 3:00-dark, Fridays- JV only- 3:00-dark... Saturdays before games start 8:30-11:30 and 1:00-4:00... WE PRACTICE IN PANTS NOW!!

B. We continue to meet on Gibbons field. Seniors/Juniors-3B dugout... Sophomores/Freshmen- 1B

C. Fr and Soph will be notified in person on Wednesday, 1/14 and Jrs and Srs on Thursday 1/16 after practice if you made the team. Pick up will be a little later on these two days.

**Boys Lacrosse** - Coach Zukauskas [zukauskas@cghsfl.org](mailto:zukauskas@cghsfl.org)

Pre-Season conditioning: Monday 1/12 - 1/17, 3:00 - 4:30pm

Meet outside of the weightroom with gym clothes and sneakers

**Girls Lacrosse** - Coach Renne [girls-lacrosse@cghsfl.org](mailto:girls-lacrosse@cghsfl.org)

Tryouts: Jan 20-22 Northeast High School

**Softball**- Coach Estroff [estroff@cghsfl.org](mailto:estroff@cghsfl.org)

Tryouts on the field January 19 and January 20 at 3pm

Preseason conditioning on the field January 12-16 3:00pm

**Tennis** - Coach Salzano [salzano@cghsfl.org](mailto:salzano@cghsfl.org)

All tryouts will be held at **Lighthouse Point Yacht Club.**

**GIRLS TRYOUTS: Jan 21, 23, 27, 29, Feb 2, 4, 6 3:30-5:00 PM**

**BOYS TRYOUTS: Jan 20, 22, 26, 28, 30, Feb 3, 5 3:30-5:00 PM**

**Track** - Coach Huskey [Huskey@cghsfl.org](mailto:Huskey@cghsfl.org)

First day of practice January 20

Preseason conditioning begins January 7

**Beach Volleyball** - Coach Perez-Cubas [beach-volleyball@cghsfl.org](mailto:beach-volleyball@cghsfl.org)

Tryouts Feb 2, 2026

**Boys Volleyball** - Coach Zarate [boys-volleyball@cghsfl.org](mailto:boys-volleyball@cghsfl.org)

Tryouts Feb 2, 2026

**Water Polo** - Coach Johns [swimming@cghsfl.org](mailto:swimming@cghsfl.org)

Pre-Season Conditioning - Jan 5-9

First day of Practice - Jan 12