

NORTH **FALL** SPORTS



FOOTBALL

Workout: Friday, August 7th 4-6pm

Practice begins Monday, August 10th
from 4:15-6:15pm

Equipment Handout: Saturday, August 15th at 12pm

Mandatory Parent Meeting: August 15th at 1pm



CROSS-COUNTRY

Practice Begins Wednesday, August
12th from 4-5:30pm

Students should wear comfortable athletic clothing
and running shoes, and bring a water bottle.



VOLLEYBALL

Open Gym: Monday, August 10th &
Tuesday, August 11th
4:00-5:30pm

Tryouts: Wednesday, August 12th and
Thursday, August 13th 4:00-5:30pm

Students must have a current physical in order to
participate. Student registration should be done via
Bound using the [following link](#).