2022 Fall Sports

Reminders

August 1st-5th

\*\*All athletes must have an updated 2022-2023 prior to participating\*\*

*Football:*

Monday-Wednesday: Work-outs at 2:30PM, Practice 4:00-6:30PM

Thursday & Friday: Practice 4:00-6:30PM

*Volleyball:*

Monday: Try-Outs 4:00-6:00PM

Tuesday-Friday: Practice 4:00-6:00PM

*Boys & Girls Golf:* North Hampton Golf Course

Team Information Meeting on Aug 12th at 3:45 pm in the Hope/PE room

Monday August 15th: Boys 1st Practice

Tuesday August 16th: Girls 1st Practice

*Boys & Girls Swim:* Atlantic Pool in Fernandina Beach

Monday & Tuesday August 1st/2nd: Conditioning 6:30-8:00PM

Wednesday & Thursday August 3rd/4th: Conditioning 5:00-6:30PM

Wednesday August 10th: 1st practice begins

*Boys & Girls Cross Country:*

Team Information Meeting: TBD

*Girls Bowling:*

Team Information Meeting: TBD