

Ballston Spa Fall 2019 Sports Start Dates, Times & Locations:

Remember to bring water to practice/tryouts

<u>Sport</u>	<u>Level</u>	<u>Starting Date</u>	<u>Starting Time</u>	<u>Location</u>
Football	Var./JV	Monday, August 19	8:00am-10:30am & 12:30pm-2:00pm	Practice Football Fields (behind MS)
	Modified	Thursday, August 22	8:00am-10:30am	Practice Football Fields (behind MS)
Boys Soccer	Var./JV	Monday, August 19	8:00am-11:00am & 12:00pm-2:00pm	High School Back Fields – please bring a pair of running shoes or sneakers
	Modified & Mod 9 (grades 7-9)	Tuesday, September 3	2:45pm-5:00pm	High School Back Fields - please bring a pair of running shoes or sneakers
Girls Soccer	Var./JV	Monday, August 19	8:00am-10:00am & 12:00pm-2:00pm	High School Front Fields
	Modified & Mod 9 (grades 7-9)	Thursday, September 5	2:45pm-4:15pm	High School Back fields
Volleyball	Var./JV/Frosh	Monday, August 19	8:00am-10:00am	High School Gym
	Modified	Monday, August 26	8:00am-10:00am	Middle School Gym
<u>B/G Cross Country</u>	Var./JV	Monday, August 19	8:00am-10:00am	High School Track
	Modified	Tuesday, September 3	3:00-4:00pm	Meet in Middle School Cafeteria
Girls Swim/Dive	Varsity	Monday, August 19	8:30am-11:00am	Pool
Girls Tennis	Varsity/JV	Monday, August 19	8:00am-10:00am	Tennis Courts
Cheerleading	Varsity/JV	Monday, August 19	9:00am-12:00pm	High School Cafeteria
Golf	Varsity/JV	Ballston Spa Country Club – arrive 30 minutes early for warm ups JV/Varsity: 8/19 8:30am -11:30am, 8/20 10:00am – 1:00pm, 8/21 9:02am- 1:00pm <u>Varsity Only:</u> 8/22 - 10:30am -1:00pm - END TIMES ARE APPROXIMATE		

Dates & times are subject to change – please check the fall page on the athletics website for updates