

## Sports at Saratoga High

Fall Sports	Winter Sports	Spring Sports
Cross Country (boys and girls) Field Hockey Football Golf (girls) Tennis (girls) Volleyball (girls) Water Polo (boys and girls)	Basketball (boys and girls) Soccer (boys and girls) Wrestling	Badminton (boys and girls) Baseball Golf (boys) Lacrosse (boys and girls) Softball Swimming (boys and girls) Tennis (boys) Track and Field (boys and girls) Volleyball (boys)

	Fall Sports	Winter Sports	Spring Sports
Start of tryouts/practice	August 13	November 1	January 31
Last day of regular season	October 29 to November 14, depending on the sport	February 19	May 5 to May 21, depending on the sport
<b>Overlap with major holidays</b>	<b>Last two weeks of summer</b>	<b>Winter break (December) and "Ski Week" (February)</b>	<b>"Ski Week" (February) and Spring break (March/April)</b>

### "No Cut" Sports

Saratoga High offers a number of opportunities to students for athletic participation independent of skill or experience. These include cross country, football, golf, water polo, wrestling, jv boys lacrosse, softball, and track and field. Other sports may add freshman teams depending on the level of interest and the number of athletes trying out.

It must be stressed, however, that there are requirements for participation, that participation is a privilege (not a right), and that these activities are competitive, not recreational.

- All forms and fees must be submitted to the Activities Office prior to the first day of tryouts/practice. One of the forms requires the signature of a medical professional (make your appointments today!). **Students without completed paperwork will not be permitted to participate, no exceptions.**
- Students must be willing to commit to a rigorous practice schedule. Although it varies somewhat by sport, practices are typically 2 to 3 hours per day, five to six days per week. Because students receive Physical Education credit for their sports participation, activities are considered part of the students' instructional time. **All sports overlap with at least one major holiday; students are expected to attend all practices and contests as scheduled. Missing practices or contests will result in a negative impact on their grade, will affect their participation in games or matches and ultimately in dismissal from the team.**
- Students must be in adequate physical condition for participation in the sport. Students who come out for, as an example, the cross country team after a sedentary summer are susceptible

to injury; injury that prevents participation may result in the student not receiving credit for Physical Education.

- Although the sports listed above have not required cuts in recent years, numbers of students trying out and available coaching resources may require us to make cuts in the future. The athletic department reserves the right to make cuts for any sport if necessitated by circumstances.

Please see the Saratoga High School Athletics website for details regarding the time and location of the first day of practice, necessary equipment/materials, and other useful details including summer activities. The Athletics website also has links to summer activities taking place on our campus.