

**CITY SCHOOL DISTRICT OF ALBANY ATHLETICS**

**WEEK #1 PRACTICE/MODIFIED TRY-OUT SCHEDULE**

LEVEL	SPORT	DATE	DAYS	TIME	WHAT TO BRING
<b>MODIFIED</b>	<b>CROSS COUNTRY</b>	8/28	MON	3:30-5 p.m./Albany High School track	Water bottle, shorts, t-shirt, running shoes
		8/29	TUES	3:30-5 p.m./Albany High School track	" "
		8/30	WED	3:30-5 p.m./Albany High School track	" "
		8/31	THURS	3:30-5 p.m./Albany High School track	" "
		9/1	FRI	3:30-5 p.m./Albany High School track	" "
<b>MODIFIED</b>	<b>FOOTBALL</b>	8/24	THURS	3:30 p.m./Albany High phys ed locker room	Will be checking in and doing paperwork
		8/28	MON	3:30-5:30 p.m./Albany High locker room	Athletic attire, sneakers, cleats, shorts
		8/29	TUES	3:30-5:30 p.m./Albany High locker room	" "
		8/30	WED	3:30P-4:3 p.m./Albany High locker room PARENT MEETING 5 p.m., Albany High auditorium after practice	" "
		8/31	THURS	3:30-5:30 p.m./Albany High locker room	" "
		9/1	FRI	3:30- 5:30 p.m./Movie Night - Team Building	" "
		9/2	SAT	NO PRACTICE	" "
<b>MODIFIED</b>	<b>SOCCER/GIRLS</b>	8/28	MON	10-11:30 a.m./Myers Middle School	Water bottle, wear athletic clothes, sneakers
		8/29	TUES	10-11:30 a.m./Myers Middle School	
		8/30	WED	10-11:30 a.m./Myers Middle School	
		8/31	THURS	3:30-5 p.m./Myers Middle School	
		9/1	FRIDAY	3:30-5 p.m./Myers Middle School	
<b>MODIFIED</b>	<b>SOCCER/BOYS</b>	8/28	MON	3:30-5 p.m./Myers Middle School	Bring athletic clothes, soccer shoes-no metal cleats, shin guards, water
		8/29	TUES	3:30-5 p.m./Myers Middle School	" "
		8/30	WED	3:30-5 p.m./Myers Middle School	" "
		8/31	THURS	3:30-5 p.m./Myers Middle School	" "
		9/1	FRI	3:30-5 p.m./Myers Middle School	" "
		9/2	SAT	9-10:30 a.m./Myers Middle School	" "
<b>MODIFIED</b>	<b>VOLLEYBALL</b>	8/28	MON	3-5 p.m./Myers Middle School	Sneakers, athletic apparel (t-shirt, shorts, sweat pants, sweatshirt-no jeans), hair tie, water bottle, knee pads (optional)
		8/29	TUES	8-10 a.m./Myers Middle School	" "

		8/30	WED	8-10 a.m./Myers Middle School	" "
		8/31	THURS	3:30-5:30 p.m./Myers Middle School	" "
		9/5	TUES	3:30-5:30 p.m./Myers Middle School	" "