

Fall 2023 Athletic Tryout/Practice
Dates/Times/Places

You must complete the online athletic registration PRIOR to tryouts/ the first day of practice. Your daughter WILL NOT be allowed to tryout or practice without a completed registration. **NO EXCEPTIONS !!!!** Please go to the athletic part of the DSHA website and sign-up.

Cross Country: Practice will begin on Monday, August 14th at 3:30 and will conclude at 5:30 for all new and returning athletes. Please meet at school in the Commons area by the fitness center ready to run. Please complete the online registration before the first practice or you will not be allowed to participate. Practices all season will begin at 3:30 and end at approximately 5:30. End times are approximate and will be published weekly. Athletes should be prepared to practice or compete on Saturdays throughout the season.

Field Hockey: Monday, August 7th-Thursday, August 10th. Please meet 20 minutes prior to the start of your practice for check-in. Be fully equipped everyday cleats/turf shoes as well as running shoes, field hockey shin guards, mouth guard, field hockey stick and water bottle. You must be at all of tryouts to be considered for a team unless previously arranged with Coach Sue and Coach Loucks. Exceptions are given to players cut from other sports. Interested Dashers who are also trying out for volleyball the following week are encouraged to come to field hockey tryouts. Questions: FieldHockey@DSHA.info

Team Level	Days	Times	Location
First Year Players	Tuesday-Thursday	8am-9:30am	Uihlein Soccer Park
Returning Var/VR/JV/R/W	Monday-Thursday	9am-11am	Uihlein Soccer Park
Scrimmages (Be prepared to participate by assignment)	Monday-Thursday	11am-12pm	Uihlein Soccer Park

**The coaches may ask players to change practice sessions/times.

Golf: Tryouts begin Monday, August 7th. Please meet at Currie Park at 2:30 PM. Tee times begin at 3:00 PM (9 holes). Tryouts will continue on Tuesday August 8th at Brown Deer at noon (please arrive by 11:30) All girls wishing to tryout for Varsity will play 18 holes, JV will play 9 holes. The last day will be Wednesday August 9th at Currie Park at 2:00 (please arrive by 1:30) 9 holes. Teams will be decided on Wednesday and all parents and athletes should plan to attend a parent meeting at 6:00 PM at DSHA in the Health room.

Rugby: Practice begins Monday, August 14 from 3:45-6:00 at Wick Park. Practice schedules for the rest of the week will be given at the first practice.

Swimming and Diving: Practice begins Tuesday, August 8. All swimmers should report to Whitman Middle School no later than 3:45. Practice runs from 4:00-6:00. Divers will practice at Schroeder and we will communicate the times to those who register for diving.

Tennis: Tryouts will begin Tuesday, August 8th. All freshman and sophomore girls trying out for tennis should report to Elm Grove tennis courts from 8:00-10:00 am. All junior and seniors and all returning varsity players should report to Elm Grove tennis courts from 10:00am-12:00pm. After Tuesday, players may be asked to report to either the 8-10 or 10-12 tryout times.

Volleyball: Tryouts will begin Monday, August 14 and will continue through Wednesday, August 16. All freshmen should go to freshman tryouts. All sophomores, juniors and seniors should report to the JV/Varsity tryouts. Freshman – 4:00-5:45, JV/Varsity – 6:00-8:00.

Please note that tryouts will be held for golf, tennis and volleyball. Some cuts may be made after the first day. If you make a team, you **MUST** play for that team – you may not make a team and then quit and join another team. If you do not make one of these teams, you may join cross country, swim and dive, field hockey or rugby. You may also tryout for golf or tennis and if you do not make one of the teams, you may tryout for volleyball. All rosters must be set by August 21. No girls will be added to any team after that date.