



Fall 2026 Sports Tryout Schedule

(Subject to change)

Important Information

In order to participate during tryouts, all students must have updated and completed these sections through Magnus Health, located in your [Veracross Parent Portal](#).

- Vital Health Record
- Consent to Treat Form
- Annual Physical Exam Form

If you are experiencing any difficulty with Magnus Health, please contact the Help Desk at (877) 461-6831.

School Nurse: [Alexa Moran](#)

Athletic Trainer: [Cara Cole](#)

A **2026-2027 Athletics Handbook** will be published before August 1. Every student and their parent/caregiver must review and sign the agreement before participating in sports.

[Middle School Tryout Schedule](#)

[Upper School Tryout Schedule](#)



Middle School

Sports Offered: Cross Country, Field Hockey, Soccer, Volleyball

For any student who has not yet signed up for a fall sport, she may do so [here](#).

Tryouts begin on Mon. Aug. 31, 2026

For rising 8th graders, NCDS offers the **Athletic Placement Process** (APP) for those seeking consideration for varsity-level participation. The APP is reserved for exceptional student-athletes who demonstrate the ability to make a significant and immediate impact at the varsity level, while also considering areas such as maturity and academic standing. For more information, reach out to Mr. Perry.

Tryout Locations

- **Cross Country:** Martin Center Fitness Room
- **Field Hockey:** Turf Field
- **Soccer:** Lower Field
- **Volleyball:** Martin Center Gym

Tryout Schedule

- **Mon. Aug. 31:** 3:15 - 4:15pm
- **Tue. Sep. 1:** 3:15 - 4:15pm
- **Wed. Sep. 2:** 2:45 - 3:45pm
- **Thu. Sep. 3:** 3:15 - 4:15pm
- **Fri Sep. 5:** No Practices

Regular Practice Schedule for All Sports

Begins Mon. Sep. 7

- **Mon / Tue / Thu:** 3:15 - 4:15pm
- **Wed / Fri:** Games as scheduled, or 2:45 - 3:45pm for practice

Check Weekly Practice Docs [Here](#).

Special Dates for the Season

- **Sat. Oct. 3:** Homecoming
- **Mon. Oct. 12** (Indigenous Peoples' Day): No MS Practices
- **Fri. Nov. 6:** MS Sports End



Upper School

Sports Offered: Crew, Cross Country, Field Hockey, Soccer, Volleyball

For any student who has not yet signed up for a fall sport, she may do so [here](#).

Tryouts begin on Mon. Aug. 24

Tryout Locations

(Unless otherwise noted in the schedule below)

- **Crew:** Martin Center Erg Room / Boathouse
- **Cross Country:** Martin Center Fitness Room
- **Field Hockey:** Lasell Grellier Field (*athletes will receive transportation information from coaches*)
- **Soccer:** Lower Field
- **Volleyball:** Martin Center Gym

Tryout/Preseason Schedule

- **Mon. Aug. 24**
 - **3:30 - 3:50pm:** Preseason Check-in at Martin Center (All Sports and Musical Production)
 - **4 - 6pm:** Fall Sports Practices and Musical Rehearsals
- **Tue. Aug. 25**
 - **1 - 3pm:** Field Hockey at Lasell
 - **4 - 6pm:** All other Fall Sports Practices and Musical Rehearsals (*Crew in Erg Room*)
- **Wed. Aug. 26**
 - **3 - 5pm:** Fall Sports Practices and Musical Rehearsals (*Crew in Erg Room*)
 - **6 - 8pm:** Field Hockey at Lasell
- **Thu. Aug. 27**
 - **4 - 6pm:** Fall Sports Practices and Musical Rehearsals (*Crew at Boathouse, Field Hockey at Lasell*)
- **Fri. Aug. 28**
 - **3 - 5pm:** Fall Sports Practices and Musical Rehearsals (*Crew at Martin Center, Field Hockey at Lasell*)

Regular Practice Schedules

Begins Mon. Aug. 31

- **Cross Country, Field Hockey, Soccer, Volleyball**
 - **Mon / Tue / Thu:** 4:15 - 5:45pm
 - **Wed / Fri:** 3:45 - 5:15pm
- **Crew**
 - **Mon / Tue / Thu:** 4 - 6pm (*Bus Departs @ 3:45pm and est. returns @ 6:30pm*)
 - **Wed/Fri:** 3 - 5pm - (*Bus Departs @ 2:45pm and est. returns @ 5:30pm*)
 - **Sat. (as scheduled):** 9:30am -12pm (*Meet at Boathouse*)



Check Weekly Practice Docs [Here](#).

Special Dates for the Season

- **Sat. Oct. 3:** Homecoming
- **Mon. Oct. 12** (Indigenous Peoples' Day): Varsity practices 3 - 5pm for those in town, No JV Practices
- **Fri. Nov. 13:** Postseason Begins