



First Day of Tryouts/Practice Winter Sports 2025-26

SFHS COACHES CONTACT DIRECTORY

<u>Boys Basketball</u> Varsity — Nov. 3 (Alumni) — 5:30-7:30pm Nov. 4 (Burns) — 4:30-6:30pm Nov. 5 (Alumni) — 5:30-7:30pm JV — Burns Gym Nov. 5 — 2:45-4:30pm Nov. 6 & 7 — 5-7pm Freshmen — Burns Gym Nov. 10 — 2:45-4:30pm Nov. 11 — 4:30-6:15pm Nov. 12 — 2:45-4:30pm	<u>Girls Basketball</u> Varsity — Nov. 3 (Burns) — 4:30-6:30pm Nov. 4 (Alumni) — 5:30-7:30pm Nov. 5 (Burns) — 4:30-6:30pm JV & Freshmen — Burns Gym Nov. 6 — 2:45-4:45pm Nov. 7 — 2:45-4:45pm Nov. 8 — 11:00am-1:00pm
<u>Boys Soccer — Legacy Field</u> Varsity — Nov. 10 — 4-5:30pm Nov. 11-14 — 5:30-7pm Frosh/Soph — Nov. 10 — 4-5:30pm Nov. 11-14 — 4-5:30pm More info HERE	<u>Girls Soccer — Higgins Field</u> Varsity — Nov. 10 — 5:30-7pm (Will go 3:30-5pm if FH is no longer playing.) Nov. 17 — 5-6:30pm Nov. 18 — 4:30-6pm Nov. 19 — 5-6:30pm JV & Frosh — Nov. 11 — 5:30-7pm (Will go 3:30-5pm if FH is no longer playing.) Nov. 17 — 3:30-5pm Nov. 18 — 3-4:30pm Nov. 19 — 3:30-5pm
<u>Boys Wrestling (All Levels) — Wrestling Room</u> Nov. 10-13 — 2:45-4:30pm Nov. 14 — 2:45-4:00pm Nov. 22 (Saturday) — 7:45-9:30am Weight Certification* More info HERE	<u>Girls Wrestling (All Levels) — Wrestling Room</u> Nov. 3 — 6-8pm Nov. 4 — 4:15-5:45pm Nov. 5 — 6-7:30pm Nov. 6 — 4:15-5:45pm Nov. 7 — 4:15-6pm



Boys Rugby (All Levels) —
Location TBD

Nov. 18 (Location TBD) — 3-4:30pm

Nov. 19 (Legacy) — 3-5pm

Nov. 20 (Location TBD) — 3-4:30pm

CCS Practice Start Date - Monday November 3rd
CCS Scrimmage Start Date - Monday November 17th
Winter Parent Meeting Tuesday November 18th
CCS Contest Start Date - Monday November 24th