THE FRISCH SCHOOL
ישיבת פריש
The Henry & Esther Swieca Family Campus

FRISCH ATHLETICS

Please Note: All tryouts will take place at Frisch unless otherwise noted

Please click here to fill out the form indicating which athletics you will be signing up for

You must sign up in order to try out.

******Please bring your Cougar Card to all meetings*******

			Please meet in the gym unless otherwise indicated
Wednesday, September 9th	Girls Ice Hockey	5:00-5:45	Meet in Room 26
Wednesday, September 9th	Boys Ice Hockey	5:45-6:30	Meet in Room 26
Wednesday, September 9th	Girls Dance	4:45-6:30	Meet in the Back of the Cafeteria
Wednesday, September 9th	Boys JV Hockey	4:45-7:45	Last Name A-M 4:45-6:15, Last Name M-Z - 6:15-7:45
Wednesday, September 9th	Boys Varsity Hockey	7:45-9:30	
Wednesday, September 9th / Wednesday, September 16th	Girls JV Volleyball	4:45-6:30	Last Name A-M meet on Wednesday 9/9, Last Name N-Z meet on Wednesday 9/16
Thursday, September 10th	Boys Wrestling	4:45-6:30	
Thursday, September 10th	Boys JV Basketball	4:45-7:45	Last Name A-M meet 4:45-6:15, Last Name N-Z meet 6:15-7:45

The Mordecai & Monique Katz Academic Building
120 West Century Road Paramus NJ 07652
Phone 201-267-9100 · Fax 201-261-9340 · Automated information 201-487-2830
Web frisch.org · instagram.com/frischschool · facebook.com/frischschool · email information@frisch.org

Thursday, September 10th	Boys Varsity Basketball	7:45-9:30	
Thursday, September 10th	Girls Outdoor Soccer	5:00-6:30	Meet on the Outside field
Thursday, September 10th	Girls Varsity Volleyball	6:30-8:00	
Tuesday, September 15th	Cross Country/Track	5:00-6:30	Meet on Track
Tuesday, September 15th	Girls JV Basketball	4:45-7:30	Last Name A-M meet 4:45-6:15, Last Name M-Z meet 6:15-7:30
Tuesday, September 15th	Girls Varsity Basketball	7:30- 9:00	
Tuesday, September 15th	Boys Outdoor Soccer	4:45-6:30	Meet on the Outside field
Tuesday, September 15th	Fitness - Girls	5:00-6:15	Meet in Room 27
Tuesday, September 15th	Pickleball- Boys	4:45-6:00	Meet on the Upper Outdoor Court
Tuesday, September 15th	Spin - Girls	4:45-6:00	Meet in back of Shul
Tuesday, September 15th	Lacrosse	4:45-5:15	Meet in Athletic Directors Office in Gym
Tuesday, September 15th	Water Polo	5:15-5:45	Meet in Athletic Directors Office in Gym
Tuesday, September 15th	Squash	5:45-6:15	Meet in Athletic Directors Office in Gym

Tuesday, September 15th	Ultimate Frisbee	6:15-6:45	Meet in Athletic Directors Office in Gym
Tuesday, September 15th	Equestrian	6:45-7:00	Meet in Athletic Directors Office in Gym
Wednesday, September 16th	Running Club	4:45-6:15	Meet on the Track
Wednesday, September 16th	Rock Climbing	4:45-5:00	Meet in Athletic Directors Office in Gym
Wednesday, September 16th	Crew	4:45-5:30	Meet in the Graffiti room
Wednesday, September 16th	Pickleball- Girls	4:45-6:00	Meet on the Upper Outdoor Court
Wednesday, September 16th	Figure Skating	4:45-6:00	Meet in Room 26
Monday, October 5th	Fencing	5:00-6:30	Meet in Sephardi Beit
Sunday, October 11th	Girls Swim	4:30-6:30	Meet at Garfield YMCA, 490 Midland Avenue
Sunday, October 11th	Boys Baseball	7:00-9:45pm	Paramus Sports Complex
Sunday, October 18th	Boys JV Softball	9:15-11:00	Meet on Softball Field
Sunday, October 18th	Girls Floor Hockey	12:00-2:00	
Sunday, October 18th	Girls Softball	2:30-4:30	Meet on Softball Field
Sunday, October 18th	Boys JV Indoor Soccer	5:00-7:00	
Sunday, October 18th	Boys Varsity Indoor Soccer	7:00-9:00	

Sunday, October 25th	Girls JV Indoor Soccer	4:00-5:30	
Sunday, October 25th	Girls Varsity Indoor Soccer	6:00-8:00pm	
Sunday, November 8	Girls Flag Football	10:00-12:00	
Sunday, February 7	Boys Volleyball	3:00-5:00	
Sunday, February 7	Girls Tennis	2:00-3:30	At Parkridge Tennis Academy
Sunday, February 7	Boys Tennis	3:30-5:00	At Parkridge Tennis Academy
Thursday, February 25th	Golf	6:00-7:30	Meet at Ready To Golf
TBD	Boys Varsity Softball		

	INTRAMURALS	
Sept-May	IFL (Flag Football)	***Student Form***
March-May	FBI (Basketball)	***Student Form***

Players may only participate on one TEAM sport per season.

Players who were on the team last year are required to try out again.

JV teams are open to 9th and 10th graders. Varsity is open to 11th and 12th graders.

Teams with no JV team are open to all students.