



FALL 2026 SPORTS DATES

Athletes must be fully cleared
in order to start
tryouts/practices in JULY

CLEARANCE PROCESS:

1. All athletes must have a [SPORTS PHYSICAL](#) dated after June 1st for the 2026-27 school year
2. All athletes must register online through [ArbiterSports](#)
3. All athletes must clear all school fines.

Cross Country

Contact Coach Scott for details:
email- iscott@puhsd.k12.ca.us

Preseason training dates- Mon/Wed/Fri July 20-31 @ 7am
Location - Various sites

First official practice - August 3 @ 7am at CHS Stadium

Parent Meeting on August 6th at 8:00 pm

Girls Golf

Contact Coach Jones for details:
email- consult1golf@aol.com

Practice begins August 3 @ The Ridge GC at 3:00
"Meet and Greet Putting Stations" located on the lower putting green behind the club house. Parents welcome to attend sitting on the upper terrace (provides a great view of the putting green)

Players only need to bring their putter. Putters will be available for players without clubs. Everything else will be supplied including refreshments. Start time 3 pm End time 4:30

Parent Meeting on August 6th at 8:00 pm

Flag Football (Girls)

Contact Coach Heimann for details:
email- jheimann@puhsd.k12.ca.us

Practice begins August 3: 7-8:30 am

Parent Meeting on August 6th at 8:00 pm

Football

Contact Coach Stowers for details:
email- jstowers@puhsd.k12.ca.us

Varsity Practice begins July 15: 4:00-6:00

JV Practice begins July 20 - 5:00-7:00 pm

Parent Meeting on August 6th at 8:00 pm

Volleyball

Contact Coach Biles for details:
email- hbiles@puhsd.k12.ca.us

Open Gym: July 15, 16, 21, 22, 23, 28, 29, 30
8:00-9:30 am

Tryouts begin August 3:
Frosh/JV - 3:00-5:00 in Gym A
Varsity - 1:00-3:00 in Gym A

Parent Meeting on August 6th at 8:00 pm