

FALCON ATHLETICS

Seasons of Sport

| FALL SPORTS | WINTER SPORTS | SPRING SPORTS |
|---------------------|--------------------------------------|---------------------------|
| Cross Country (B&G) | Basketball (B&G) | Badminton (coed) |
| Field Hockey | Soccer (B&G) | Baseball |
| Football | Traditional Competitive Cheer (coed) | Boys Golf |
| Girls Golf | Wrestling (B&G) | Lacrosse (B&G) |
| Girls Tennis | | Softball |
| Girls Volleyball | | Swimming and Diving (B&G) |
| Water Polo (B&G) | | Boys Tennis |
| | | Track and Field (B&G) |
| | | Boys Volleyball |

Fall sports officially begin on August 4th (Most sports will start on Monday August 7) and will end in mid-November. Fall sports such as football will be conditioning over the summer. Please check the school website for details.

Winter sports begin on October 30th - Both boys and girls basketball teams play in tournaments over winter break. Please keep that in mind when scheduling vacations.

Spring sports begin on January 29th and will end in early to mid-May (Some spring sports will have tournaments during February break and many sports will have practice, please check with the coach of your sport)

Important Information

ATHLETIC REGISTRATION: Clearance for athletic participation is an on-line process. All athletes must register for each season that they intend to try-out for a sport. The Registration window for Fall sports will open at the end of May 2023. Information regarding registration can be found at Saratogahigh.org/athletics

PHYSICAL EXAMINATIONS: All athletes must have a complete physical examination every school. Physical Forms can be downloaded during the registration process or at saratogaathletics.org under the Registration and New Athlete tab. Physicals are good for one calendar year.

HEALTH INSURANCE: The state requires all students who participate in sports to have health insurance. If a family does not have coverage, contact Mrs. Ybarra in the activities office to get information on school-provided insurance.

PE CREDIT AND SPORTS: All 9th grade students will be placed in a PE class regardless of their participation in sport. Students who make a team will be released from their PE class when their name shows up on the team's final roster. At the end of the season all 9th grade athletes will need to return to their PE class.

For additional information regarding CCS sports you can visit the [CIFCCS website](#)

| 2023-24 Start Dates | | | | |
|----------------------------|-------------------------------------|--------------------------------------|--------------------------------------|--|
| <u>Season</u> | <u>Practice</u> | <u>Scrimmages</u> | <u>Contests</u> | <u>End Of Season</u> |
| Fall | August 4 (NFHS Week 5) | August 18 (NFHS Week 7) | August 24 (NFHS Week 8) | <i>See Article V Section 3.B.4 Below</i> |
| Winter | October 30 (NFHS Week 18) | November 13 (NFHS Week 20) | November 20 (NFHS Week 21) | |
| Spring | January 29 (NFHS Week 31) | February 12 (NFHS Week 33) | February 19 (NFHS Week 34) | |

| DATES OF LAST REGULAR-SEASON EVENT 2023-2024 | | | | | | | | |
|---|-------|--------|---------------|------|--------|------------------|------|--------|
| FALL | | | WINTER | | | SPRING | | |
| Girls Golf | 10/25 | Wk. 17 | Soccer | 2/14 | Wk. 33 | Boys Golf | 5/0 | Wk. 44 |
| Girls Tm Tennis | 11/03 | Wk. 18 | Basketball | 2/13 | Wk. 33 | Boys Team Tennis | 5/01 | Wk. 43 |
| Girls Ind. Tennis | 11/03 | Wk. 18 | Wrestling | 2/10 | Wk. 32 | Boys Ind. Tennis | 5/01 | Wk. 43 |
| Cross Country | 11/04 | Wk. 18 | | | | Baseball | 5/13 | Wk. 45 |
| Field Hockey | 10/28 | Wk. 17 | | | | Gymnastics | 5/13 | Wk. 45 |
| Girls Volleyball | 10/25 | Wk. 17 | | | | Lacrosse | 5/6 | Wk. 44 |
| Water Polo | 10/28 | Wk. 17 | | | | Softball | 5/13 | Wk. 45 |
| Football | 11/04 | Wk. 18 | | | | Beach Volleyball | 5/05 | Wk. 44 |
| | | | | | | Boys Volleyball | 5/05 | Wk. 44 |
| | | | | | | Swim & Dive | 4/29 | Wk. 43 |
| | | | | | | Track & Field | 5/06 | Wk. 44 |
| | | | | | | Badminton | 5/06 | Wk. 44 |