

SWHS Spring Sports 2024 Initial Tryouts/Practices

Softball

Monday 3/11, Wednesday 3/13 and Friday 3/15: Pitchers & Catchers only Gym or Turf depending on weather (players as notified by the coach per CIAC Rule: *conditioning for up to (6) pitchers and (4) catchers may be conducted for no more than five (5) days per athlete the week prior to the first date for softball practice 3/16 as designated by the CIAC.*

Saturday 3/16: 1st Team Tryout/Practice 9-1 SWHS Softball Field

Baseball

Monday 3/11 through Friday 3/15: Pitchers & Catchers only (up to 14 players max as notified by the coach per CIAC Rule) – 2:30-4:00 pm *Report to Rotary Field Building

Saturday 3/16:

Freshman 9:00 am-10:30 am Hitting Facility @ Rotary Field

Sophomores, Juniors & Seniors 11:00 am - 1:00 pm Hitting Facility @ Rotary Field

Boys & Girls Outdoor Track

Monday 3/18 through Friday 3/22: 2:30-4:00 pm @ SWHS Track

Girls Lax

Saturday 3/16: 12:00 - 2:00 @ SWHS Turf

Boys Lax

Saturday 3/16: session #1: all players 8:30-10:30 Turf,

session #2: all players 2:15-4:00 Turf

Boys Volleyball

Saturday, March 16th:

Session 1: 9:30 am-12:00 noon (*all players) SWHS Main Gym

Session 2: 2:00pm-4:00pm (*returning players only) SWHS Main Gym

Monday, March 18th:

Session 3: 2:30pm-5:00pm SWHS Main Gym

Tuesday, March 19th:

Last Tryout Day Session 4: 2:30pm-5:00pm SWHS Main Gym

Boys Tennis- *Note: All Tryouts @ Wapping Tennis Courts

Saturday 3/16: 10:00 am -12 noon Meet & Greet (*Bring your racket)

Monday 3/18: 4:00-5:30 pm

Tuesday 3/19: 2:30-4:00 pm

Wednesday 3/20: 4:00-5:30 pm

Thursday 3/21: 2:30-4:00 pm

Friday 3/22: 4:00-5:30 pm

Girls Tennis - *Note: All Tryouts @ Wapping Tennis Courts

Monday 3/18: 2:30-4:00 pm

Tuesday 3/19: 4:00-5:30 pm

Wednesday 3/20: 2:30-4:00 pm

Thursday 3/21: 4:00-5:30 pm

Friday 3/22: 2:30-4:00 pm

Boys Golf - *Interested players should see Coach L.B. Gray at SWHS.

Mon. 3/18: Day 1 SWHS Rm. 168 rules/fundamentals/etiquette and outlining the week.

Tues. 3/19: Day 2 Willow brook 2:30-4PM Range, ball striking percentages.

Wed. 3/20: Day 3 Topstone 2:30-5ish Day 1 of 9 hole playing tryout. USGA rules. Day one Cut.

Thur. 3/21: Day 4 Topstone 2:30-5ish Day 2 of 9 hole playing tryout. USGA rules, Final Cut.

Fri. 3/22: Day 5 Topstone 2:30-5ish DAY ONE for the team. ***Mandatory Parent meeting at Topstone on the 1st tee 5:15PM**

Girls Golf - *Interested players should see Coach John Garrish at SWHS.

Monday 3/18 through Thursday 3/21: 2:30-5:00 at Topstone Golf Course