



SANTA BARBARA HIGH SCHOOL



ATHLETIC DEPARTMENT (805) 966-9101 X 5010

2018 - 2019 ATHLETIC SCHEDULE

FALL SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
Football (Frosh, JV & V)	July 9 - 29	No Tryouts	Spring Practice: May 14 - June 1 Summer Practice: June 13 - July 9 3:30 - 5:30pm
Football <i>Equipment Issued to Players</i>	-----	-----	Varsity: July 24th, 9:00AM JV: July 25th, 9:00AM Frosh: July 26th, 9:00AM
G. Volleyball	July 1 - 24	July 25 1 - 3PM SBHS Gymnasium	Summer Training: June 11, 1 - 3PM Location: SBHS Gymnasium Practice Begins: July 25th
Cross Country	June 16 - July 6	June 11 - 15, 10:00am SBHS Baseball Field	Summer Practices Begin: July 9
Girls Golf	June 18 - July 27	August 15 - 16, Twin Lakes 12:00 - 2:30pm	Practice Begins: August 20
Girls Tennis	July 6 - 27	August 15 2:00 pm SBHS Tennis Courts	Practice Begins: Aug. 22
B. Water Polo	July 16 - Aug. 5	TBD	Practice Begins: August 13 <i>B. Water Polo Camp: June 11-July 15</i>
Sideline Cheer (JV & V)	July 21 -August 5	May 14-18 2:30-4pm Quad/Cafeteria	Practice Begins: June 11
Sideline Cheer (<i>Freshman</i>)	July 21 -August 5	June 11-14 11-1pm Quad/Cafeteria	Practice Begins: June 18

WINTER SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
B. Basketball	July 20 - Aug. 9	June 9th 11:00 AM	F/S Summer League Begins: June 18 JV Summer League Begins: June 19 V Summer League Begins: June 20
G. Basketball	July 21 - Aug. 9	June 11 4:00 - 6:00 PM	
G. Water Polo	July 16 - Aug. 5	TBD	Practice Begins: August 22 <i>Girls Water Polo Camp: June 11 - July 15</i>
B. Soccer	July 31 - Aug. 20	June 11-12 10:00 - 11:30am SBJH	Practice Begins: November
G. Soccer			Practice Begins: November
Wrestling	July 31 - Aug. 20	June 19-21 10:00 - 12:00 (noon) SBJH Small Gym	Practice Begins: November
Cheer Competition	July 31- August 21	September 2018	Practice Begins: September

SPRING SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
Baseball	July 24 - Aug. 4	Fall Semester	Summer Camp: June 12 - June 30
Softball		January	Practice Begins: January
G. Lacrosse	Aug. 1 - Aug. 21	No Tryouts	Practice Begins: Fall Semester
B. Lacrosse	Aug. 1 - Aug. 21	No Tryouts	Practice Begins: Fall Semester
Swim/Dive	July 16 - Aug. 5	No Tryouts	Practice Begins: February
B. Tennis	July 6 - 27	January 9, 2:00pm	Practice Begins: Jan. 23
B. Volleyball	July 2 - 22	January	Practice Begins: February
Track/Field	June 16 - July 6	June 11 - 15, 10:00am SBHS Baseball Field	Summer Practices Begin: July 9
B. Golf			
Cheer Stunting	July 31- Aug. 21	January 2019	Practices Begins: January