



SANTA BARBARA HIGH SCHOOL



ATHLETIC DEPARTMENT (805) 966-9101 X 5010

2019 - 2020 ATHLETIC SCHEDULE

FALL SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
Football (Frosh, JV & V)	July 8 - July 31		Parent Mtg: May 30, 6-7pm, Gym Summer Football: June 10 - July 8 3:30 - 5:30 SBHS
Football <i>Equipment Issued to Players</i>	-----	-----	Varsity: July 29, 9:00AM JV: July 30, 9:00AM Frosh: July 31, 9:00AM
G. Volleyball	June 24- July 15	June 18 & 19 5:00 - 7:15pm SBHS Gym	Practice Starts: July 16
Cross Country	June 8 - 30	June 6 & 7, 4:00pm SBHS Lower Field	Summer Practices Begin: July 1 Times & Location TBD
Girls Golf	July 1 - 31	August 14 & 15, 12:00 - 2:30pm Twin Lakes	Practice Begins: August 19
Girls Tennis	July 1 - 31	August 14 2:30 - 3:30pm SBHS Tennis Courts	Practice Begins: Aug. 15 2:30 - 4:00pm
B. Water Polo	July 15 - Aug. 4	TBD	Practice Begins: August 5 Summer practice: June 10 - July 14
Sideline Cheer	June 7 - 23	May 6 - 10	Practice starts June 24

WINTER SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
B. Basketball	July 19 - Aug. 8th	June 8th 1:00 PM	F/S Summer League Begins: June 16 JV Summer League Begins: June 18 V Summer League Begins: June 19
G. Basketball	July 20 - Aug. 8	June 10 4:00 - 6:00 PM	F/S Summer League Begins: June 18 JV Summer League Begins: June 13 V Summer League Begins: June 11
G. Water Polo	July 15 - Aug. 4	TBD	Practice Begins: August 5 Summer practice: June 10 - July 14
B. Soccer	July 31 - Aug. 20	June 10-11 4:00-5:30pm SBHS Lower Field	Practice Begins: November
G. Soccer	June 15 - July 15	June 10 & 11 9:00 - 11:00am SBJH	* Please arrive 10 minutes before tryouts to sign-in.
Wrestling	July 31 - Aug. 21	Fall Term	Practice Begins: November
Cheer Competition	July 27 - Aug. 19	September	Practice Begins: September

SPRING SPORTS	DEAD PERIOD	TRYOUT DATES	INFORMATION
Baseball	June 6 - 27	August 14 - 15	Practice Begins: Fall Semester
Softball	June 10 - July 7	January 9, 2020	Workouts: July 8 - Aug. 2 Times TBD
G. Lacrosse	Aug. 1 - Aug. 21	Fall Term	Practice Begins: Fall Semester
B. Lacrosse	July 1 - 31	January 2020	Practice Begins: Second Semester
Swim/Dive	July 15 - Aug. 4	No Tryouts	Practice Begins: February
B. Tennis	July 1 - 31	TBD	Practice Begins: January
B. Volleyball	July 1 - 31	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	June 10 - July 1	Week of August 5th	Practice Starts Fall Term
Cheer Stunting	July 27 - Aug. 19	November	Practice Begins: December