

BHS Spring Sports Tryouts/Practice Info

Golf: Interbay @ 3:30, beginning 3/1

Baseball: All Potential Players: 3-6 p.m. at Whitman, Monday 3/1.

Freshman and Sophomores: 3-6 p.m. at Whitman, Tuesday, 3/2 through Thursday, 3/4. *Returning varsity players are expected to assist at the freshman and sophomore tryouts.* (A few freshman and sophomores may be asked to attend the Tuesday evening workout at Lower Woodland, check your email Monday evening.)

Juniors and Seniors: 8-10:30 p.m. at LOWER WOODLAND, Tuesday, 3/2; Wednesday, 3/3 and Friday, 3/5. Players should be there by 7:30 to warm-up.

TEAM ROSTERS WILL BE POSTED ON WEB ON THE BHS BASEBALL TEAM PAGE BY SATURDAY 3/6 AT NOON. Go to the BHS school website, click on athletics and then click on the baseball page.

Softball: Lower Woodland Softball Field, 3:30, beginning 3/1

Boys Soccer: See attached page

Track: meet at 2:55 in aux gym to begin practice

Girls Tennis: Meet at BHS tennis courts at 2:45

(B)-Freshman & Soph

Soccer Tryouts:

Who: Freshman/Sophomores.....ONLY those who have turned in Paperwork & have physicals on file in the main office.
Where: Out back on Ballard Soccer Field
Time: 2:45-4:45
When March 1,2, 3,

After the team has been selected, on **Thursday March 4th**.....The JV Team will practice at the same field with the JVC Team.
Have Athletic clothing, shorts, soccer shoes, sweat pants? No jeans or pants allowed during tryouts. Have tennis shoes for **Fitness Test**.

(A)-JR & SR

Soccer Tryouts:

Have Tennis Shoes for Fitness Test

Who: Seniors & Juniors- Who are on my list indicating proper paperwork is turned in.

Where: Interbay Stadium, March 1,2, 3, 4:30-6:30PM

How can I get there?

(MONDAY- March 1th) If you do not have a ride, see me for a Bus Token. Take the Metro #15 across the Ballard Bridge, to Dravis Exit.. Walk over to the stadium.

Those driving your own cars, (car distractions, inside the car, are #1 reason for High School Accidents-statistics have shown).....If you take a car load of

people, drive safely,..... Don't get in an accident or speed as this may cause you to be late or miss time/days of the tryouts!

**Go to the main office and pick up "Sports Package"
All must be turned in before Feb 12th.**

**Physicals are good for 2 years,
See The Teen Health Center for a Physical?
You must have a 2.0 to play School Sports in SSD.**

Those selected must commit to the team for 75 days, do not spread yourself around and try to do soccer, drama, band, deca, and other things, which result in you missing games and practices. Do not try to work at night after practice, go home study, and get your rest. Those wishing to work should schedule work for Saturdays after 2:00pm and anytime on Sunday, if this is what you need to do.