

Sport	Level	Start Date/ Time	Location	Coach Contact	Notes
Volleyball	Varsity/JV (Grades 9-12)	<i>Monday 8/13</i> <i>(See sessions in</i> <i>next box for times)</i> <i>Tryouts</i>	High School Gym 7:30 - 9:00am (Session 1) 5:00 - 6:30pm (Session 2)	saheimk@hlcs.org allenkri@hlcs.org	Cuts will be made after tryouts on August 15 and phone calls to home will be made. Athletes will need appropriate practice attire. <i>Coach Saheim (Varsity), Coach Allen (JV), TBA (Modified)</i>
	Modified (Grades 7-8)	<i>Thursday 9/6</i> 3:30pm	Elementary School Gym (1 st day of School)	<i>To be announced</i>	
X Country	Varsity (Grades 9-12)	<i>Wednesday 8/15</i> 9:00am	High School	terryc@hlcs.org 518-791-7711	<i>Must bring plenty of water.</i> <i>Coach Terry</i>
	Modified (Grades 7-8)	<i>Thursday 9/6</i> 3:30pm	High School (1 st day of School)	auffredouc@hlcs.org 518-683-6032	<i>Must bring plenty of water.</i> <i>Coach Auffredou</i>
Girls Soccer	Varsity (Grades 9-12)	<i>Monday 8/13</i> 7:00-9:00am	Elementary School Field	elent@aimservicesinc.org 518-742-6664	<i>Must bring cleats, shin guards, and</i> <i>plenty of water. Coach Lent</i>
	Modified (Grades 7-8)	<i>Thursday 9/6</i> 3:30pm	Elementary School Field (1 st day of School)	<i>To be announced</i>	<i>Must bring cleats, shin guards, and</i> <i>plenty of water. Coach TBA</i>
Boys Soccer	Varsity (Grades 9-12)	<i>Monday 8/13</i> 6:30am-9:00am	Elementary School Field	byrnest@hlcs.org	<i>Must bring cleats, shin guards, and</i> <i>plenty of water. Coach Byrnes</i>
	Modified (Grades 7-8)	<i>Thursday 9/6</i> 3:30pm	Elementary School Field (1 st day of School)	<i>To be announced</i>	<i>Must bring cleats, shin guards, and</i> <i>plenty of water. Coach TBA</i>
Football	Varsity (Grades 10-12)	<i>Monday 8/13</i> 8:00am	Lake George High School	jellis18813@roadrunner.com santistebandj@outlook.com 518-307-4168	Bus will leave HL High School at 7:10am Only helmets and cleats will be needed on Monday. <i>Coach Ellis (Varsity), Coach Santisteband</i> <i>(Modified) Coach Bennett (Varsity)</i>
	Modified (Grades 7-9)	<i>Monday 8/20</i> 8:00am	Lake George High School	bennettj@lkgeorge.org 518-321-3595 (Coach Bennett)	
Golf	All Levels (Grades 7-12)	<i>Tuesday 8/14</i> 8:00am	<i>Bend of the River</i> Golf Course	connellyj@hlcs.org	<i>Coach Connelly</i>