

# FRISCH ATHLETICS

\*\*\*\*\*PLEASE NOTE\*\*\*\*\*

[Parent must fill out https://tinyurl.com/cougarsports](https://tinyurl.com/cougarsports)

**\*\*\*Please bring your cougar card to tryouts\*\*\***

<u>DATE</u>	<u>CLUBS</u>	<u>TIME</u>
Thu, Sep 2,	Girls Outdoor Soccer	5:00 p.m. -7:00 p.m.
Sun, Sep 12,	Boys Outdoor Soccer	9:00 a.m. -11:00 a.m.
Mon, Sep 13,	Girls Ice Hockey	5:00 p.m. - 5:50 p.m.
Sun, Oct 3,	Girls Lacrosse	10:00 a.m. - 12:00 p.m.
Mon, Oct 4,	Cross Country/ Track	5:00 p.m. - 6:00 p.m.
Mon, Oct 4,	Boys Ultimate Frisbee	5:00 p.m. - 7:00 p.m.
Mon, Oct 11,	Boys and Girls Fencing	5:00 p.m. - 6:00 p.m.

<u>DATE</u>	<u>FALL TEAMS</u>	<u>TIME</u>
Thu, Sep 2,	Boys JV Floor Hockey	5:30 p.m. - 7:30 p.m.
Thu, Sep 2,	Boys Varsity Floor Hockey	7:30 p.m. - 9:30 p.m.
Sun, Sep 12,	Girls JV Basketball	9:00 a.m. -11:00 a.m.
Sun, Sep 12,	Girls Varsity Basketball	11:00 a.m. - 1:00 p.m.
Sun, Sep 12,	Boys JV Basketball	1:00 p.m. - 3:00 p.m.
Sun, Sep 12,	Boys Varsity Basketball	3:00 p.m. - 5:00 p.m.
Sun, Sep 12,	Girls JV Volleyball	2:45 p.m. - 5:00 p.m.
Sun, Sep 12,	Girls Varsity Volleyball	5:00 p.m. - 7:00 p.m.
Mon, Sep 13,	Boys Wrestling	5:00 p.m. - 7:00 p.m.
Mon, Sep 13,	Boys Ice Hockey	5:30 p.m. - 6:00 p.m.
Sun, Oct 3,	Girls Swim <sup>^</sup>	5:30 p.m. - 7:00 p.m.

<sup>^</sup>Girls Swim tryouts will take place at the Hackensack YMCA

<u>DATE</u>	<u>SPRING TEAMS</u>	<u>TIME</u>
Sun, Oct 3,	Girls Softball	10:00 a.m. - 12:00 p.m.
Sun, Oct 3,	Baseball*	3:30 p.m. - 6:30 p.m.
Sun, Oct 10,	Girls Floor Hockey	4:00 p.m. - 6:00 p.m.
Sun, Nov 21,	Boys Varsity Indoor Soccer	4:00 p.m. - 6:00 p.m.
Sun, Nov 21,	Boys JV Indoor Soccer	6:00 p.m. - 8:00 p.m.
Sun, Dec 12,	Girls JV Indoor Soccer	4:00 p.m. - 6:00 p.m.
Sun, Dec 12,	Girls Varsity Indoor Soccer	6:00 p.m. - 8:00 p.m.
Sun, Feb 6,	Boys Volleyball	3:00 p.m. - 5:00 p.m.

Tennis, Boys JV and Varsity Softball TBA

\*Baseball Tryouts at Overpeck Park

\*\*\*\*\*PLEASE NOTE\*\*\*\*\*

JV teams are open to 9th and 10th graders. Varsity is open to 11th and 12th graders.

**Players may only participate in one TEAM sport per season.**

**Players who were on the team last year are required to tryout again.**

Teams with no JV team are open to all students.