

2018 Fall Tryout Schedule

Times/Locations are subject to change. Please check back periodically throughout the summer for updates.

High School Athlete Summer Conditioning Program: July 2 to August 16 (Mondays, Tuesdays, Thursdays – 7:30 am to 9:00 am)
Must register at the Shelton Parks & Rec Office in the Community Center. Cost for program is \$115.

Football Conditioning Program:

FR/JV/V – Starts June 27 - Monday, Wednesday, and Friday – 6:00 am to 8:00 am (off July 4)

JV/V Football:

- Friday, August 17: 2:30 pm–6:00 pm
- Saturday, August 18: 8:30 am–12:00 pm
- Sunday, August 19: 12:30 pm–4:00 pm (no building access)
- Monday, August 20 to Wednesday, August 22: 2:30 pm–6:00 pm
- Thursday, August 23: 2:00 pm–6:00 pm
- Friday, August 24: 2:30 pm–5:00 pm
- Saturday, August 25: 8:30 am–2:00 pm

FR Football:

- Friday, August 17: Equipment Handout – Time TBA
- Monday, August 20: First Day of Practice – Time TBA

Boys Soccer: See www.sysonet.org for additional information for pre-season conditioning and summer league play

- Pre-season camp: August 13-17: 4:00 pm to 6:00 pm (Lower Field)
- Thursday, August 23: Session 1: 10:00 am – 12:00 pm (fitness test – Lower Field)
Session 2: 5:00 pm – 7:00 pm (Lower Field)
- Friday, August 24: Session 3: 10:00 am – 12:00 pm (Lower Field)
Session 4: 3:00 pm – 5:00 pm (Lower Field)
- Saturday, August 25: Session 5: 1:00 pm – 3:00 pm (Lower Field)
Session 6: 5:00 pm to 7:00 pm (Lower Field)
- Sunday, August 26: Session 7: 1:00 pm - 3:00 pm (Lower Field)

Girls Soccer: See www.sysonet.org for additional information for pre-season conditioning and summer league play

- Pre-season camp: August 13-17 : 6:00 pm to 8:00 pm (Capewell Park)
- Thursday, August 23: Session 1: 7:00 am – 10:30 am (Upper Field)
Session 2: 5:00pm – 7:30 pm (Upper Field)
- Friday, August 24: Session 3: 7:30 am – 10:00 am (Upper Field)
Session 4: 5:00 pm – 7:30 pm (Upper Field)
- Saturday, August 25: Session 5: 9:00 am – 11:00 am (Upper Field)
Session 6: 5:00 pm – 7:30 pm (Upper Field)
- Sunday, August 26: Session 7: 1:00 pm – 3:30 pm (Upper Field)

Girls Volleyball:

- Returning Players – Thursday, August 23 and Friday, August 24: 2:30pm to 5:00 pm (GYM)
- Incoming FR and New players – Monday, August 27 and Tuesday, August 28: 2:30 pm to 5:00 pm (GYM)

Boys & Girls Cross Country

- Thursday, August 23 and Friday, August 24: 8:00 am start time (Bocce Court)

Field Hockey:

- Thursday, August 23, Friday, August 25 and Monday, August 27: 8:00 am to 10:00 am (SIS Field)

Girls Swimming: *Bring a one piece suit, cap & goggles*

- Thursday, August 23: 2:45 pm to 4:30 pm – Shelton Community Center Pool