

**GRAND HAVEN HIGH SCHOOL SPRING TRY-OUT & PRE-CONDITIONING**  
**Must have a Sports Physical dated after April 15, 2017**  
**to Try-Out and/or Practice**

<b>SPORT</b>	<b>STARTING DATE &amp;TIMES</b>
<b>Baseball</b>	March 12-14 Time and place TBD
<b>Boys' Golf</b>	Boys Var/JV Golf Meeting - Monday March 12 after school in my Room 0153 (30min)
<b>Boys' Lacrosse</b>	1 <sup>st</sup> practice – March 12 5:15 – 7:15 pm in the team room in the stadium
<b>Girls' Lacrosse</b>	Meeting Feb 6 <sup>th</sup> @ 6:30 p.m., in the LGI Room Tryouts - March 12th, 13th, 14th & possibly 15 <sup>th</sup> @3:30p.m. at the lacrosse field
<b>Girls' Soccer</b>	Tryouts: March 12-14 on Soccer Field Varsity & Freshman 3-5p.m. JV 4:30 – 6:30 p.m.  First Practice: March 16 First Game: March 23
<b>Softball</b>	March 12th: Field house/Aux gym 7:15-8:45 March 13th: Field house/Aux gym 7:15-8:45 March 14th: Field house/Aux gym 7:15-8:45
<b>Girls' Tennis</b>	March 12 <sup>th</sup> – 16 <sup>th</sup> 3-5pm on Tennis Courts
<b>Boys' &amp; Girls' Track &amp; Field</b>	Practice begins March 12 @ 3:00 till 5:00pm. We will either be in the field house or out in the team room in the stadium depending on weather.
<b>Girls' Water Polo</b>	Pre-season lifting 3:00 - 4:15pm Mon – Thurs Parent & Player meeting, Feb 22 at pool 1st practice – March 12, 12 5:00 – 7:30pm