Sanford School Athletics
Fall 2019
Pre-Season Practice Schedule
Revised 7/17/19

Grades 9-12 only
(Practice for grades 7 & 8 will begin on the first day of school)

Reminder: no student will be permitted to participate in a practice, scrimmage, or game with a Sanford School athletic team until the valid DIAA physical form is on file with the Athletic Director and/or uploaded and approved on the Sanford HUB. Forms must be signed by a physician on or after 4/1/19 for a student to be eligible for participation. A link to DIAA form can be found on the Sanford HUB or on www.warriors-sports.com at the bottom of the left column of the homepage.

Thu. Aug 15 – First Day of Pre-season — MEET IN SPORTS CENTER @ 9:00am

---

Cross country - practice begins on Fri Aug 16

9:00a-12:00pm Field Hockey
9:00a-11:00a and 2:00-4:00p Soccer
9:00a-12:30pm Volleyball

Fri. Aug 16

9:00a-11:00am Cross country - first day of practice
9:30a-12:00pm Field Hockey
12:00pm-2:00p and 3:00-5:00p Soccer
9:00a-12:30pm Volleyball

Sat. Aug 17

9:00a-11:00am Cross country
Morning Field Hockey-varsity @ Maple Zone playday- times tba
9:30-11:30am JV field hockey practice
9:00a-11:00am and 12 noon - 2:00pm Soccer
9:00a-12:30pm Volleyball

Sun. Aug 18

NO PRACTICES

Mon. Aug 19

9:00a-11:00am Cross country
9:30a-12:00pm Field Hockey
2:00p-4:00pm and 5:00-7:00p Soccer
9:00a-12:30pm Volleyball

Tue. Aug 20

9:00a-11:00am Cross country
3:00-5:30pm Field Hockey
2:00p-4:00pm and 5:00-7:00p Soccer
3:00p-6:00pm Volleyball

Wed. Aug 21

9:00-11:00am Cross country
3:00-5:30pm Field Hockey
3:00p-6:00pm Soccer - HOME var/jv scrimmage vs Newark HS
3:00p-6:00pm Volleyball

Thu. Aug 22

9:00a-11:00am Cross country
2:00-5:30 p.m. Field Hockey - varsity only tri-scrimmage, home vs. Polytech, Mt. Pleasant
9 a.m.-10:30 a.m. JV Field Hockey practice
2:00p-3:00pm and 4:00-5:00pm Soccer
3:00p-6:00pm Volleyball
Fri. Aug 23
9:00a-11:00am   Cross country
3:00-5:00pm     Field Hockey - followed by pool party at Katie Z’s house
2:00p-4:00pm and 5:00-7:00p  Soccer
9:00a-12:30pm   Volleyball

Sat Aug 24
9:00-11:00am   Cross Country
10:00-12:00pm   Tentative - Field Hockey
tba             Soccer - TENTATIVE - Cape Henlopen trip
9:00a-12:30pm   Volleyball

Sun. Aug 25   NO PRACTICES

Mon. Aug 26 - OPENING FACULTY MEETINGS
3:00-5:30pm     Field Hockey
3:30p-5:00pm and 6:00-7:30pm  Soccer
3:30-5:30pm     All other teams

Tue. Aug 27 – OPENING FACULTY MEETINGS
3:00-5:30pm     Field Hockey
3:30-6:00pm     Soccer
3:30-5:30pm     All other teams

Wed. Aug 28 – OPENING FACULTY MEETINGS - Grade 9 Retreat – players excused from practice!
3:00-5:30pm     Field Hockey
3:30p-5:00pm and 6:00-7:30pm  Soccer
3:30-5:30pm     All other teams

Thu. Aug 29 – OPENING FACULTY MEETINGS
3:00-5:30pm     Field Hockey, Varsity scrimmage vs. Westtown, home
2:00p-6:30pm     Soccer - var and jv - scrimmage @ St George’s; 3rd team tba
3:30-5:30pm     All other teams

Fri. Aug 30 - OPENING FACULTY MEETINGS
9:00-11:00am     Field Hockey
Tba             Soccer
3:30-5:30pm     All other teams

Sat. Aug 31   NO PRACTICES

Sun. Sept 1   NO PRACTICES

Mon. Sept. 2 – LABOR DAY –   NO PRACTICES
Tue. Sept. 3 – OPENING FACULTY MEETINGS
2:45-5:30p       Soccer - var and jv HOME scrimmage vs DMA
3:30-5:30pm     All other teams

Wed. Sept. 4 – FIRST DAY OF SCHOOL!!!!
3:30-5:30pm     All teams

This is a schedule as of July 17, 2019. All schedules are subject to change. Some coaches are in the process of scheduling scrimmages and will hand out revised information at the start of pre-season.