

Sobrato Athletics 2023 Fall Sport(s) Tryout Schedule

Sport	Tryout/First Practice Date	Day(s)	Tryout Time	Location
Cross Country	August 7th	Monday	3:45	Far end of the locker room building (Outside)
Field Hockey	August 7th	Monday	4pm	Field Hockey Field
Football	August 4th	Friday	4pm	Football Practice Field
Girls Golf	August 8th	Tuesday & Thursday	5:30pm	Coyote Creek Driving Range
Girls Tennis	August 16th	Wednesday	4pm - 5pm	Tennis Courts
Girls Volleyball	August 4th	Friday	1pm - 4pm	Main Gym
	August 5th	Saturday	7am - 10am	Main Gym
Boys Water Polo	August 7th	Monday	4pm	Sobrato Pool Deck
Girls Water Polo	August 7th	Monday	4pm	Sobrato Pool Deck
Winter Cheer	August 22nd	Tue (Tue & Thursday)	4pm	Sobrato Main Gym, far end - behind curtain

A recent physical exam (within one year of your last physical) is required for clearance to participate in try-outs. Also, if your prior physical exam will expire during the season (ex: Aug. Sept. Oct. , 2023), you will be required to submit an updated physical exam at that time (or earlier) to continue your eligibility and participation.

Dr. Taylor will be conducting a limited number of Pre-Participation Exams on Saturday, August 5th & August 19th from 9am - 1pm. If interested, you MUST schedule an appointment by emailing your request to taylorc@mhusd.org. Please note: many are experiencing delays when scheduling appointments with their doctor. Do NOT wait! Schedule an appointment NOW with either Dr. Taylor OR your personal physician ASAP.

Contact the coach if you have any specific questions or need additional information.

Erin Connor / Hayley Hemeon	Cheer	sobratocheer@mhusd.org
Andrea Tuua	Cross Country	sobratotrackfield@gmail.com
TBD	Field Hockey	TBD
Joel Rueda	Football	ruedaj@mhusd.org
Todd Daniel	Girls Golf	tdanielsr@pga.com
Richard Braen	Girls Tennis	richbraen@gmail.com
Daniel Clifton	Girls Volleyball	cliftond76@yahoo.com
Dale Seibert	Boys Water Polo	dowds@mhusd.org
Kyle Edgar	Girls Water Polo	kyle.sobratoswim@gmail.com



Coaches Contact Information via QR Code