

Sobrato Spring Sports Tryout & Practice Schedule 2023-24

Sport	Tryout Dates	Tryout Time	Tryout Location	Practice Days	Practice Times	Practice Location
Badminton	Feb 1st	4pm-5:30pm	Main Gym	Monday-Friday	4pm - 5:30pm	Sobrato Gym
	Feb 3rd	4pm-6pm	Main Gym			
Baseball	Jan 29-Feb 2	3:45-5	Var Baseball Field	Monday-Friday	3:45-5:30	Baseball Fields
Boys Golf	Feb 5th & 6th	4pm - 5:30pm	Coyote Creek	TBD	TBD	Coyote Creek
Boys Lacrosse	Jan 30	5pm	MHOSC	Monday - Thursday	TBD	MHOSC
Girls Lacrosse	Jan 29-Feb 1	6:00-7:00	MHOSC	Monday - Thursday	6:00-8:00	MHOSC
Softball	Jan 29-Feb 2	4pm - Dark	Var Softball Field	Monday - Friday	4pm - Dark	Softball Fields
Swim and Dive	Jan 29	4:00-5:30	Sobrato Pool	Monday - Friday	4 - 5:30	Sobrato Pool
Boys Tennis	Jan 29-Feb 8	4:00-5:30	Tennis Courts	Monday - Thursday	4:00-5:30	Sobrato Courts
Track & Field	Jan 29-Feb 1st	3:45-5:15pm	Sobrato Track	Mon -Fri	3:45-5:15	Sobrato Track
Boys Volleyball	Jan 29th	5pm - 7pm	Main Gym	Monday - Friday	5:30-7:30	Sobrato Gym
Boys Volleyball	Feb 3rd	1pm - 3pm	Main Gym			
Contact your coach if you have any specific questions or need additional information						
Coach Tate		Badminton		tatefamily98@gmail.com		
Coach Pozas		Baseball		jamespozas@gmail.com		
Coach Daniel		Boys Golf		tdanielsr@pga.com		
Coach Tuua		Boys Lacrosse		blessedon8@gmail.com		
Coach Morano		Girls Lacrosse		cecemoreno98@gmail.com		
Coach Bauer		Softball		hkcdbauer@yahoo.com		
Coach Edgar		Swimming		kyle.sobratoswim@gmail.com		
Coach Tuua		Track & Field		sobratotrackfield@gmail.com		
Coach Nguyen		Boys Volleyball		klein13n@gmail.com		
Coach Braen		Tennis		richbraen@gmail.com		

Cell: B8

Comment: Jan

-James Pozas