

Sobrato Athletics
Fall 2025 Tryout Practice Schedule

Sport	Tryout Dates	Tryout Time	Tryout Location	Practice Days	Practice Times	Practice Location
Cross Country	Aug 11	Contact Coach Tuua	Far side of boys Locker room	Monday through Friday	3:45-5pm	Far side of boys Locker room
Field Hockey	Tentatively (Wk 1 of School)	Coach TBD	TBD	Practice Field & MHOSC	4:30-6:30pm	Practice Fields
Girls Flag Football	Tentatively (Wk 1 of School)	Coach TBD	Main FB Field	Monday - Friday	TBD	Main FB Field
Football	August 4-8	4:15-6pm	Practice Fields	Monday through Friday	4pm-6:15pm	Practice Fields
Girls Golf	Tentatively (Wk 1 of School)	Coach TBD	Coach TBD	Three Days Per Week	TBD	TBD
Girls Tennis	14-Aug	4:10-6pm	Tennis Courts	Tuesday-Friday (some Saturdays)	4:10-6pm	Tennis Courts
Girls Volleyball	8-Aug	3:30pm	Main Gym	Monday - Friday	4pm-6pm	Main Gym
	August 9 (Saturday)	7:30am	Main Gym			
Boys Water Polo	Aug 8	10:30am	Live Oak Pool	Monday - Friday	TBD	Sobrato Pool (Under Repair)
Girls Water Polo	8-Aug	10:30am	Live Oak Pool	Monday - Friday	TBD	Sobrato Pool (Under Repair)
Winter Cheer	Complete	Complete	Small Gym	Tuesdays & Thursdays	4-5:30pm	Small Gym

Contact your coach if you have any specific questions or need additional information.
Contact Coach Crawford for information about the teams that do not have a coach listed.

Coaches Contact

Coach Tuua	Cross Country	sobratotrackfield@gmail.com
Open Position	Field Hockey	Open Position
Open Position	Girls Flag Football	Open Position
Open Position	Girls Golf	Open Position
Coach Rueda	Football	ruedaj@mhusd.org
Coach Mattis	Girls Tennis	fk mattia@yahoo.com, kolsepeh@yahoo.com
Coach Clifton	Girls Volleyball	cliftond76@yahoo.com
Coach Edgar	Boys Water Polo	dowds@mhusd.org
Coach Dowd	Girls Water Polo	kyle.sobratoswim@gmail.com
Coach Conner	Winter Cheer	sobratocheer@mhusd.org