

# **2018 Bacon Academy Fall Sports**

## **Start Dates and Times**

### **Boys and Girls Cross Country**

8/23 - 8am -10am - Track

8/24 - 8am-10am - Track

8/25 - 8am-10am - Track

8/27 - 3pm-430pm - Track

8/28 - 3pm-430pm - Track

8/29(first day of school) - 2:30pm Track

### **Football**

8/13-8/17 - 8am to 11am

Please report to Locker Rm at 7:30am

### **Girls Soccer**

Thursday 23rd, August

Where: Bacon Academy Varsity field (bring running shoes and cleats)

9am-9-30am Warm up/fitness testing

9.30-9.45pm snack and rehydration break

9.45am-11am Small sided games 4v4/7v7 and introduction playing Bacon soccer

Friday 24th, August

Where: Bacon Academy Varsity field

4.00pm-5.00pm Warm up- technical/tactical sessions

5.00pm snack and rehydration break

5.15pm-6.15pm 9v9 and 11v11

Saturday 25th, August last day of tryouts/roster for scrimmage announced

Where: Bacon Academy Varsity field

1pm-2pm Warm up- 9v9

2pm snack and rehydration break

2.15pm -3.30pm 11v11

## **Boys Soccer**

8/23 Tryouts- 2pm-4.30pm @Baseball field

8/24 Tryouts- 2pm-4.30pm@Baseball field

8/25 Tryouts- 8am-10.30am@Stadium Field

8/26 Sunday Rest day

8/27 Scrimmage vs Old Lyme Home 3.45@ Stadium Field

8/28 Practice 2.30pm-4pm@baseball field

8/29 Scrimmage vs East Hartford Home 3.45(1<sup>st</sup> day of school)

## **Volleyball**

8/23 Tryouts- 3-6pm BA Gym 3-4pm incoming freshmen 4-6pm everyone else

8/24 Tryouts- 3-6pm BA Gym 3-4pm incoming freshmen 4-6pm everyone else

## **Cheerleading**

8/14 - 6-8pm on the track

8/15 - 6-8pm on the track

8/16 - 6-8pm on the track

## **Dance Team**

8/15 practice 12-2 in the gym

8/17 practice 12-2 in the gym