

Millis HS/MS Athletics
2019 Fall Season Tryout Schedule

FOOTBALL

Friday, August 16th	5:00-7:00PM	Grades 9-12
	Report @ 4:00PM	
	Conditioning (Helmets Only)	
Saturday, August 17th	9:00-11:00AM	Grades 9-12
	Report @ 8:00AM	
	Conditioning (Helmets Only)	
Sunday, August 18th	OFF	
Monday, August 19th	5:00-7:00PM	Grades 7-12 (first day for middle school)
	Report @ 4:00PM	
	Conditioning (Helmets Only)	
Tuesday, August 20th	5:00-7:30PM	Grades 7-12
	Report @ 4:00PM	
	HS - Limited Contact (Uppers)	
	MS - Helmets Only	
Wednesday, August 21st	5:00-7:30PM	Grades 7-12
	Report @ 4:00PM	
	HS - Limited Contact (Uppers)	
	MS - Helmets Only	
Thursday, August 22nd	HS - Double Sessions (Grades 9-12)	
	Report @ 8:00AM	
	Field - 9:00-11:30AM	
	Lunch - 12:00-12:45PM (bring own lunch)	
	Meetings - 1:00-2:15PM	
	Field - 3:00-5:00PM	
Friday, August 23rd	HS - Double Sessions (Grades 9-12)	
	Report @ 8:00AM	
	Field - 9:00-11:30AM	
	Lunch - 12:00-12:45PM (bring own lunch)	
	Meetings - 1:00-2:15PM	
	Field - 3:00-5:00PM	

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Saturday, August 24th	10:00AM Report @ 8:15AM Scrimmage vs. Uxbridge @ Millis	Grades 9-12
Sunday, August 25th	OFF	
August 25th-30th	3:00-5:30PM Report @ 2:00PM	Grades 9-12
Saturday, August 31st	10:00AM Scrimmage @ Blackstone-Millville	Grades 9-12

GIRLS SOCCER

VARSITY (MANDATORY FOR ALL PLAYERS)

Thursday, August 22nd	5:00-7:30PM Town Park	Grades 9-12
Friday, August 23rd	5:00-7:30PM Town Park	Grades 9-12
Saturday, August 24th	3:00-5:30PM Town Park	Grades 9-12
<i>Scrimmages:</i>		
Sunday, August 25th	4:00PM @ Manchester Essex	
Wednesday, August 28th	5:00PM vs Blackstone Millis HS	
Saturday, August 31st	TBA Jamboree @ Medway HS	

JUNIOR VARSITY (MANDATORY FOR ALL PLAYERS)

Thursday, August 22nd	5:00-7:30PM Town Park	Grades 9-12
Friday, August 23rd	5:00-7:30PM Town Park	Grades 9-12

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Saturday, August 24th 3:00-5:30PM Grades 9-12
Town Park

Scrimmages:

Sunday, August 25th 4:00PM
@ Manchester Essex

Wednesday, August 28th 5:00PM
vs Blackstone
@ Millis HS

FRESHMEN (MANDATORY FOR ALL PLAYERS)

Thursday, August 22nd 3:30-5:00PM Grades 7-9
Town Park

Friday, August 23rd 3:30-5:00PM Grades 7-9
Town Park

Saturday, August 24th 10:00-11:30AM Grades 7-9
Town Park

Scrimmage:

Wednesday, August 28th 5:00PM
vs Blackstone
@ Oak Grove (Millis)

MIDDLE SCHOOL = NO TRYOUTS

BOYS SOCCER

Thursday, August 22nd 8:00-10:30AM Grades 9-12
2:00-4:30PM

Friday, August 23rd 8:00-10:30AM Grades 9-12
2:00-4:30PM

Saturday, August 24th 10:30AM Grades 9-12
Scrimmage @Sturgis East
Bus departs at approximately 8:30AM

Sunday, August 25th Off

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Monday, August 26th 3:30PM Grades 9-12
Scrimmage @ Tri-County
Bus departs at 2:30AM

- Rosters will be finalized after Tri-County scrimmage

Middle School Soccer (Grades 7 & 8) starting date and time will be announced at a later date

GOLF (CO-ED)

Thursday, August 22nd 8:15AM Grades 7-12
Pinecrest Golf Club (Holliston)
Bus departs MHS @ 7:30AM

Monday August 26th 8:15AM Grades 7-12
Pinecrest Golf Club (Holliston)
Bus departs MHS @ 7:30AM

Tuesday, August 27th 8:15AM Grades 7-12
Pinecrest Golf Club (Holliston)
Bus departs MHS @ 7:30AM

CROSS COUNTRY

Thursday, August 22nd 10:00AM Grades 7-12
5k Time Trial at Oak Grove

Monday, August 26th 2:45-4:45PM Grades 7-12
First regular practice at MHS Track

GIRLS VOLLEYBALL

Thursday, August 22nd 7:00-8:15AM Conditioning for ALL GRADES
10:00-11:30AM Grades 7 & 8 (Gym)
1:00-2:30PM Grades 9-12

Some freshmen might be asked to switch sessions after the first day of tryouts. Please be open/available to attend a session appropriate to your skill level if requested by the coaching staff.

Friday, August 23rd 7:00-8:15AM Conditioning ALL GRADES
10:00-11:30AM Grades 7, 8 & 9 (some 9th graders will be

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	1:00-2:30PM	missing and attend later session) Grades 10, 11 and 12
Saturday, August 24th	7:00-8:15AM	MANDATORY Conditioning for grades 10-12 (ONLY GIRLS GOING TO LATER SESSIONS from grade 9 should plan to attend/younger girls are welcome)
	10:00-11:30AM	Invited grade 9 and ALL grade 10, 11 & 12
Monday, August 26th	4:00-5:30PM	ALL GRADES

Team announcements will be made in person during Monday's session. ALL players should come dressed to play volleyball throughout the full session.

What do you need for tryouts?

- *Plenty of water! Conditioning sessions will include outdoor running and plyometrics. Shorts, t-shirt and outdoor running/cross training sneakers are mandatory. All other sessions will be held in the MHS gym. Court sneakers, kneepads and athletic clothes are required.*