

## Tryouts for Spring Sports 2024

**Athletes may not participate in tryouts or practices until cleared through [athleticclearance.com](http://athleticclearance.com)**

**For instructions and FAQs, go to RESOURCES on [sadersports.com](http://sadersports.com)**

### **Flag Football**

Tryouts January 27-28. Report to practice field  
3:30 – 5:00 P.M.  
6th – 12th Grade Girls  
Coach Devrett Wade – [dwade@scacrusaders.com](mailto:dwade@scacrusaders.com)

### **Beach Volleyball**

Tryouts February 4. Report to Field House  
3:30 – 5:30 P.M.  
6th – 12th Grade Girls  
Coach Jenn Harris - [jharris@scacrusaders.com](mailto:jharris@scacrusaders.com)

### **Softball**

Tryouts January 21-22. Report to Softball Field  
3:30-5:30 P.M. Tuesday and 2:00-4:00 P.M. Wednesday  
6th-12th Grade Girls  
Coach TBD

### **Tennis**

Tryouts January 13-14 at High Five (parents must transport)  
3:30-5:00 P.M.  
6th – 12th Grade Boys and Girls  
Coach TBD

### **MS Baseball**

Tryouts January 23-24. Report to the baseball field  
3:30-5:30 P.M.  
6th – 8th Grade Boys  
Coach Manny Glaros- Contact Sal Giardina with any questions [sgiardina@scacrusaders.com](mailto:sgiardina@scacrusaders.com)

### **JV/V Baseball**

Arm Care: January 6, 7, 8, 9; 3:30-4:30. Report to the baseball field  
Tryouts January 13-14. Report to the baseball field  
3:30 – 5:00 pm  
8th-12th Grade Boys  
Coach Sal Giardina [sgiardina@scacrusaders.com](mailto:sgiardina@scacrusaders.com)

### **Track and Field**

Distance:

1/21 3:15-4:15 meet at the Field House  
1/22 2:15-4:00 meet at the Field House  
1/23 3:15-4:15 meet at the Field House  
1/24 3:30-5:15 meet at the Field House

Sprints:

1/21 3:15-4:30 meet at the Field House  
1/22 2:00-3:00 meet at the Field House  
1/23 3:15-4:30 meet at the Field House  
1/24 3:15-4:45 meet at the Field House

Throwers:

1/21 3:30-5:00 meet at the Field House  
1/24 3:30-5:00 meet at the Field House

6th-12th Grade Boys and Girls

Coach Andy Holmes [aholmes@scacrusaders.com](mailto:aholmes@scacrusaders.com)