



## **XAVIER COLLEGE PREPARATORY 2023 FALL SPORTS TRYOUT INFORMATION**

**WE WILL BE SENDING AN EMAIL TO ALL PARENTS WITH A LINK TO REGISTER THEIR DAUGHTER ON FinalForms (New Athletics Data Management service). IF YOUR DAUGHTER PLANS TO PARTICIPATE IN XAVIER SPORTS THIS HAS TO BE DONE BEFORE FALL TRYOUTS-AUGUST 7, 2023**

**ALL XAVIER STUDENTS MUST HAVE THE 2023-2024 ANNUAL PHYSICALS AND CONSENT TO TREAT ON FILE**

**ALL TRYING OUT FOR FALL SPORTS MUST HAVE COMPLETED THE AIA BRAINBOOK COURSE AND OPIOID COURSE.**

**(SEE [aiaonline.org](http://aiaonline.org), GO TO AIA ACADEMY IN THE TOP BANNER, THEN TO "BRAINBOOK," and "OPIOID COURSE" REGISTER AS A STUDENT, TAKE THE COURSES AND PRINT THE CERTIFICATES OF COMPLETION TO GIVE TO YOUR P.E. INSTRUCTOR)**

### **BADMINTON**

#### **OPEN GYM**

Tuesday, August 1 <sup>st</sup>	3:30pm – 5:30pm	Activity Center
Wednesday, August 2 <sup>nd</sup>	3:30pm – 5:30pm	Activity Center
Thursday, August 3 <sup>rd</sup>	4:00pm – 5:30pm	Activity Center

#### **BADMINTON TRYOUTS**

Thursday, August 10 <sup>th</sup>	3:00pm – 4:30pm	Activity Center
Friday, August 11 <sup>th</sup>	1:30pm – 3:00pm	Activity Center
Monday, August 14 <sup>th</sup>	3:00pm – 4:30pm	Activity Center

**Badminton Parent Meeting: Thursday, August 17<sup>th</sup> 6:00pm Grubb LH**

**Girls trying out must attend all days of tryouts.**

Wear appropriate t-shirts, tennis skirts, shorts and tennis shoes. Bring a racket if you have one (Xavier will provide one, if needed). Bring a full jug of water

## CREW

### CREW LEARN TO ROW

Saturday, June 24<sup>th</sup> 7:00am – 9:00am

Tempe Town Lake, Xavier Boat

Wear appropriate shorts, comfortable shirt, sandals, sunscreen and bring a full jug of water

## CROSS COUNTRY

### CROSS COUNTRY TRYOUTS

Monday, August 7 <sup>th</sup>	5:30am	10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> grade ONLY (No Frosh)
Tuesday, August 8 <sup>th</sup>	5:30 am	9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup>
Wednesday, August 9 <sup>th</sup>	5:30am	9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup>
Thursday, August 10 <sup>th</sup>	5:30am	9 <sup>th</sup> ONLY

Monday, August 7 <sup>th</sup>	meet at Granada Park at 5:30am (No Frosh)
Tuesday, August 8 <sup>th</sup>	meet at Brophy Sports Complex track at 5:30am
Wednesday, August 9 <sup>th</sup>	meet at Brophy Sports Complex track at 5:30am
Thursday, August 10 <sup>th</sup>	meet at Brophy Sports Complex track at 5:30pm

Come dressed to run; wear appropriate shorts, t-shirts (**Sports bras are not to be worn as or in place of t-shirts**) and running shoes. **Girls can shower in the Xavier locker room after practice.**

## FLAG FOOTBALL

### FLAG FOOTBALL TRYOUTS

Monday, August 7 <sup>th</sup>	5:00pm-7:30 pm	Petznick Field
Tuesday, August 8 <sup>th</sup>	5:00 pm -7:30 pm	Petznick Field
Wednesday, August 9 <sup>th</sup>	5:00 pm -7:30 pm	Petznick Field

### What to bring/ Wear

Wear shorts and t-shirt (no tank tops)

Running shoes or cleats

Water bottle

Mouth piece if you have one

Flag Football Helmet or soccer halo if you have one

## **GOLF**

### **OPEN GOLF**

**Tuesday, August 8<sup>th</sup>**

Wednesday, August 9<sup>th</sup>

**Mandatory Meeting in Lutfy Hall at 2:40pm**

meet in Hornaday Conference Room at 1:35pm

Bus leaves at 1:50pm

Thursday, August 10<sup>th</sup>

meet in Hornaday Conference Room at 1:35pm

Bus leaves at 1:50pm

### **GOLF TRYOUTS**

Friday, August 11<sup>th</sup>

meet in Hornaday Conference Room at 1:15pm

Bus leaves at 1:30pm

Saturday, August 12<sup>th</sup>

meet at Phoenix Country Club at 12:15pm

## **HOTSHOTS**

### **HOTSHOTS LEARN TO SHOOT**

Details to follow – Learn to shoot will be Early September

### **HOTSHOTS PRACTICE**

Sunday afternoons

3:30pm – 4:30pm

## **MOUNTAIN BIKING**

### **MOUNTAIN BIKING TRYOUTS**

Saturday, August 12<sup>th</sup>

6:30am – 8:30am

Papago Park

## **SPIRITLINE**

### **SPIRITLINE FROSH TRYOUTS**

July 31<sup>st</sup>

4:00pm – 6:00pm. (check in at 3:30pm)

Vestar Hall

What to bring / wear:

- water bottle
- plain colored athletic t-shirt (no tank tops)
- plain colored Softe™ shorts with spandex
- cheer shoes or athletic shoes (if trying out for cheer)
- jazz shoes or turners (if tryout for Spiritline – POM or Gatorline)
- hair is to be all the way up and pulled back out of the face. Bows are optional but encouraged
- NO jewelry whatsoever
- No acrylic or fake nails (gel manicure is permitted) If you can see the length of your nails over the tops of your fingertips – they will need to be cut

**All paperwork must be completed and signed in order to tryout**

## **SWIMMING AND DIVING**

### **SWIMMING TRYOUTS**

Tuesday, August 8 <sup>th</sup>	2:50pm – 5:00pm	Brophy Pool
Wednesday, August 9 <sup>th</sup>	2:50pm – 5:00pm	Brophy Pool
Thursday, August 10 <sup>th</sup>	2:50pm – 5:00pm	Brophy Pool

Girls trying out must attend each day of tryouts. All girls will meet in the circle immediately after school on the first day of tryouts, August 8<sup>th</sup>. Girls will walk with a coach to the Brophy pool. All girls will be picked up at 5:00pm at the arch between Xavier and Brophy.

Girls must wear a one-piece suit, and bring goggles, towels, and sunscreen and bring a full jug of water

## FROSH TENNIS

### FROSH TENNIS TRYOUTS

**Monday, August 14<sup>th</sup>** Informational Lunch meeting. Required questionnaire for all those planning to coming out for Freshman Tennis.

**Friday, August 18<sup>th</sup>** **REQUIRED QUESTIONNAIRE CLOSSES AT 3:30PM**

**Monday, August 21st Try Outs (Skill test – to determine try-out pools)**

Tuesday, August 22<sup>nd</sup> Tryout day 1

Wednesday, August 23<sup>rd</sup> Tryout day 2

Thursday, August 24<sup>th</sup> Tryout day 3

Practices: 3:30pm – 5:30pm

Equipment for try-out week:

- Tennis shoes with socks
- PE shorts and shirt for tryout or PE shirt and a tennis skirt (they have one). Name on PE shirt
- Tennis racquet (or one will be provided)
- Large, refillable bottle
- Sunscreen
- Hat or Visor
- Sports towel
- Electrolytes

## **VOLLEYBALL**

### **VOLLEYBALL OPEN GYM – 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> grade**

Monday, July 31 <sup>st</sup>	1:00pm – 3:00pm	Activity Center
Tuesday, August 1 <sup>st</sup>	1:00pm – 3:00pm	Activity Center
Wednesday, August 2 <sup>nd</sup>	1:00pm – 3:00pm	Activity Center
Thursday, August 3 <sup>rd</sup>	2:00pm – 4:00pm	Activity Center

All trying out must attend all days of try-outs. Come dressed to try-outs in appropriate shorts, t-shirts and tennis shoes. Bring your full water jugs.

### **VOLLEYBALL TRYOUTS**

<b>Monday, August 7<sup>th</sup></b>	<b>Freshman</b>	
	12:30pm – 2:30pm	Activity Center
	<b>Sophomores, Juniors, Seniors</b>	
	2:30pm-4:45pm	
<b>Tuesday, August 8<sup>th</sup></b>	<b>Freshman</b>	
	3:00pm – 4:45pm	Activity Center
	<b>Sophomores, Juniors, Seniors</b>	
	4:45pm – 6:45pm	
<b>Wednesday, August 9<sup>th</sup></b>	<b>Freshman</b>	
	3:00pm – 4:45pm	Activity Center
	<b>Sophomores, Juniors, Seniors</b>	
	4:45pm – 6:45pm	