2026-27 Tryout Information

All Clearance Items must be submitted by the end of July to ensure timely clearing of FALL ATHLETES; it takes an ATC/AD about 1 week to clear an athlete.
Deadline for winter and spring sports was August 16th!!

Parent Information Night:

Fall - Aug. 20	Winter - Nov. 10	Spring - Feb. 11
6:00 pm	6:00 pm	6:00 pm

Check Bulletin, Instagram, and the Athletics Website for Information

***Tryout Period**- Every team has a minimum of 3 days for tryouts; some lasting 5 days. Each coach can tell you their specific protocol on day one of tryouts. Every team has tryouts, and you need to be ready to go on day one.

*If you are currently in a Fall sport, make sure you email the Winter coach to inform them of your plan to try out. You are expected to show up the next day after your Fall sport has finished.

***Sports Clearance-** Once you submit all of your clearance steps/items, you will receive an email from Home Campus indicating that you are CLEARED, DENIED, PRACTICE ONLY, or PENDING. Practice only, pending, or denied will state what you need to fix. You must be cleared prior to the season starting to earn any credit for the season.

Winter Sport Tryout Info

Sport/ Locations	First day of Tryouts	Coach Email	What to bring
Girls Basketball Main Gym	11/2 5:30-7:30pm 11/3 Varsity 4:15-6:15pm JV 5:30-7:30	Varsity: Lynley Takaki lynleytakaki@yahoo.com Junior Varsity: Caitlin Brown caitmbrown11@gmail.com	Basketball shoes Workout clothes Water Bottle
Boys Basketball Fieldhouse	Varsity: 11/2-11/4: 5:45-7:45 *meet at track JV: 11/2-11/4: 7:30-9:30* Freshmen: 11/2: 7:30-9:30* 11/3: 7:30-9:30* 11/4: 3:15-5:15 *meet at track	Varsity: Rick Appler richardappler@gmail.com Junior Varsity: Jeff Bale jeffrey_bale@fuhsd.org Freshman: Alvin Wu alvinwu@gmail.com	Basketball shoes Workout clothes Water bottle Freshmen and JV: Also bring a jump rope
Girls Soccer Stober Field	11/2 @ 4:15 PM	Varsity: Claus Strand claus@strandonline.net Junior Varsity: TBD	-Running shoes -Workout clothes -Cleats -Shin Guards -Water bottle
Boys Soccer Stadium Field	11/2 @ 4:30 pm	Varsity: Bob MacPherson bdjrmac@gmail.com Junior Varsity: Fernando Gonzalez fernando_gonzalez@fuhsd.org	Running shoes Workout clothes Cleats Water bottle
Wrestling Wrestling Room	11/2 @ 4:30 pm	Varsity: Steve Weng scdjgweng@sbcglobal.net	Running shoes Workout clothes Wrestling shoes Water bottle
Team Competitive Cheer (TCC) Cafeteria	11/5 @ 5:30 pm	Anna Roethig anna.roethig@gmail.com	Workout clothes Cheer shoes if you have them Water bottle