

# LCA 2019 Fall Tryout Dates

**\*All Students MUST Have a Sport Physical submitted to the Athletic Office to participate in tryouts!\***

**\*All dates below are formal tryouts unless otherwise noted\***

**Questions? Call 434-832-2024!**

## **Cross Country**

Varsity/JV

August 5 <sup>th</sup> (First Practice)	8:30-10:30am	Meet at Power Source Room
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Middle School

August 12 <sup>th</sup> (First Practice)	8:30-10:30am	Meet at Power Source Room
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## **Football**

Varsity/ JV

July 30 <sup>th</sup> (Equipment Distribution)	9am-Noon	LCA Field House
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Middle School

August 7 <sup>th</sup> (First Practice)	3:30-6:00pm	LCA Practice Field
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## **Golf**

Varsity Tryouts

August 1 <sup>st</sup>	TBD	London Downs Golf Course
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## **Volleyball**

Varsity Tryouts

August 5 <sup>th</sup> and 6 <sup>th</sup>	2:30-5:00pm	LCA Gymnasium
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JV Tryouts

August 8 <sup>th</sup> and 9 <sup>th</sup>	1:00-3:00pm	LCA Gymnasium
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Middle School Tryouts

August 12 and 13 <sup>th</sup>	3:30-5:30pm	LCA Gymnasium
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