



DAIS/HMA Athletics Overview for 2019-2020 School Year

August 10th: Student-Athlete Leadership Course 1:00-4:00 p.m.

FALL

<p>Volleyball Grades: 8-12 ACAMIS: October 24-26 ISNS</p>	<p>August 12th- October 26th (Monday, Tuesday, Thursday) - 4:00-6:00 pm 28 practices</p>
<p>Golf Grades: 5-12 Tournament: (Local only for 2019-2020)</p>	<p>August 12th – October 26th (Monday and Thursday)- 4:00-6:00 pm 18 practices</p>
<p>Cross Country Grades: 6 -12 ACAMIS: November 15-16 LIS</p>	<p>August 19th- November 16th (Tues/Thurs only until September 9th followed by Monday, Tuesday, Thursday) – 4:00-5:30 pm 35 practices</p>
<p>Table Tennis Grades: 6-12 ACAMIS: November 29-30 Keystone Academy</p>	<p>August 19th – November 29th (Tues/Thurs only until November 4th followed by Monday, Tuesday, Thursday) – 4:00-5:30 pm 33 practices</p>

Winter

<p>Basketball Grades: 8-12 ACAMIS: February 13-15 BSB</p>	<p>November 4th – February 15th (Monday, Tuesday, Thursday) - 4:00-6:00 pm 32 practices</p>
<p>Swimming 13+ Grades: Ages 13 and older on March 12th ACAMIS: March 13-14 NIS</p>	<p>November 4th – March 14th (Tues/Thurs only until January 21st followed by Monday, Tuesday, Thursday) – 4:00-5:30 pm 35 practices</p>

Spring

<p>Soccer Grades: 8-12 ACAMIS: April 16-18 NAIS</p>	<p>February 24th – April 18th (Monday, Tuesday, Thursday) - 4:00-6:00 pm 22 practices</p>
<p>Swimming 9-12 Grades: ages 9-12 on April 24th ACAMIS: April 24-25 BCIS</p>	<p>February 10th – April 25th (Mon/Fri until February 28th followed by Monday, Tuesday, Thursday) – 4:00-5:00 pm 28 practices</p>
<p>Badminton Grades: 6-12 ACAMIS: April 23-25 SIS</p>	<p>March 2nd – April 25th (Monday, Tuesday, Thursday) - 4:00-6:00 pm 22 practices</p>

All practices listed are mandatory practices, additional practice times are open on Friday but are not mandatory to attend. A detailed practice schedule will be sent out at the beginning of each season. Signups for all athletic teams will be done through SchoolsBuddy.