Davidson High School Spring Athletic Information

**Boys Tennis:**

- Strength and Conditioning currently every Tuesday from 6-7:30pm in the fieldhouse until the start of season.

- Monday, March 7th: Season Starts

- Practice after school till 4:30pm everyday on the tennis courts.

**Baseball:**

Monday, Feb. 21: 9:00am-10:00am

Tuesday, Feb. 22: 5:00pm-7:00pm

Wednesday, Feb. 23: 5:00pm-7:00PM

Thursday, Feb. 24: 3:00pm-5:00pm

Friday, Feb 25: 5:00pm-7:00pm

Saturday, Feb. 26: 10:00am-12:00pm

\*\*Please reach out to Coach Swallie for date of tryout meeting\*\*

\*\*Baseball and Softball plan to be alternating times 3-5pm and 5-7pm every weekday if inside.  They will also alternate 8-10am and 10-noon on Saturdays if inside\*\*

**Softball:**

Monday, Feb. 21: 3:00pm-5:00pm

Tuesday, Feb. 22: 3:00pm-5:00pm

Wednesday, Feb. 23: 3:00pm-5:00pm

Thursday, Feb. 24: 5:00pm-7:00pm

Friday, Feb 25: 3:00pm-5:00pm

Saturday, Feb. 26: 8:00am-10:00am

\*\*Please reach out to Coach Speakman for date of tryout meeting\*\*

**\*\***These are all subject to change.  If teams can get outside to even throw or on turf – times may be changed to after school and will be communicating w/the teams\*\*

**Boys and Girls Track:**

- Boys and Girls Track begin February 22 in the WR at 2:45pm

**Girls Lacrosse:**

**Monday, Feb. 21: Team Bonding - Please contact Coach Smock for details**

Tuesday, Feb. 22: First day of practice

**Boys Lacrosse:**

Any brand new players interested in lacrosse should contact Coach Ames at [dra77777@yahoo.com](mailto:dra77777@yahoo.com)

Sunday Feb 20th: 5:30-7 PM         Equipment Pick Up

Monday Feb 21st: 6:00-8:45          Weight room & skills

Tuesday Feb 22nd: 6:00-8:45          Weight room & skills

Wed. Feb. 23rd: 6:00-8:45

Thursday Feb. 24th: 6:00-8:45

Friday Feb. 25th: 6:00-8:45

Saturday Feb. 26th: 10:00-12:00

Sunday Feb. 27th: 5:00-6:30

**Boys Volleyball:**

Monday, March 7th – Friday, March 11th: 2:40pm-5:00pm - Tryouts Begin

Monday, March 14th – Friday, March 18th: 2:40pm-5:00pm – 1st week of Practice

Saturday, March 19th: 10:00am – 1st Scrimmage at Mt. Vernon