



## Lynbrook High School

### Tryout/First Day of Practice Fall Sports 2023

#### **Football**

Varsity – Friday, August 4 – 4:00 PM  
JV – Friday, August 4 – 4:00 PM  
meet at the stadium

#### **Cross Country**

Varsity – Monday, August 7 - 8:00 AM  
JV – Monday, August 7 - 8:00 AM  
meet by the fieldhouse

#### **Boys Water Polo**

Varsity – Monday, August 7 - 3:00 PM  
JV – Monday, August 7 - 3:00 PM  
meet on the pool deck

#### **Girls Field Hockey**

Varsity – Monday, August 14 – 10:00 AM  
JV – Monday, August 14 – 10:00 AM  
meet on Stober field

#### **Girls Volleyball**

Varsity – Monday, August 7 - 4:00 PM  
JV – Monday, August 7 - 4:00 PM  
meet in the gym

#### **Girls Tennis**

Varsity – Monday, August 7 – 3:30 PM  
JV – Monday, August 7 – 3:30 PM  
meet at the tennis courts

#### **Girls Water Polo**

Varsity – Friday, August 4 - 9:00 AM  
JV – Friday, August 4 - 9:00 AM  
meet on the pool deck

#### **Girls Golf**

Varsity – Monday, August 7 - 3:00 PM  
At Pruneridge Golf Course

CCS Practice Start Date - Friday, August 4  
CCS Scrimmage Start Date - Friday, August 18  
CCS Contest Start Date - Thursday, August 24

Viking Days - Monday, August 14 & Tuesday, August 15  
First Day of Classes - Monday, August 21