

## **2019-20 LOMA ALTA ATHLETIC INFORMATION**

**\*All Loma Alta athletes must wear athletic black shirt and black athletic shorts. Items may be purchased from website TBA.**

### **LAMS FOOTBALL**

EQUIPMENT ISSUE :

SATURDAY BEFORE SCHOOL STARTS

DATE: Saturday 8/24/2019

TIME:

8TH GRADE: 8:30-9:30 A.M.

7TH GRADE: 9:30-10:30 A.M.

LOCATIONS:

LOMA ALTA MIDDLE SCHOOL GYM/DRESSING ROOM

1ST DAY OF PRACTICE: 8/27/2018 ATHLETIC PERIOD ONLY

1ST DAY OF REGULAR PRACTICE: 8/28/2018

7TH GRADE: 6:30 A.M. REPORT

PRACTICE TIME: 8:07A.M.-1ST PERIOD ATHLETICS

8TH GRADE:

(ATHLETIC PERIOD) 3:03-5:00 P.M.

### **LAMS VOLLEYBALL**

TRYOUT NUMBER ISSUE:

FIRST DAY OF SCHOOL

DATE: 8/27/2019 - 6:30 A.M.

1ST DAY OF REGULAR PRACTICE: 8/27/2019

7th GRADE: REPORT TIME 6:30 A.M.

PRACTICE TIME: 8:07-Athletic 1st Period

8th GRADE: Athletic Period 3:03-5:30 P.M.

LOCATION: LAMS MAIN GYM

### **LAMS CROSS COUNTRY**

1ST DAY OF PRACTICE: DATE: 8/27/2019

REPORT TIME: 6:45 A.M.

PRACTICE TIME: 7:00-8:00 A.M.

Location: LAMS Auxiliary Gym