



St. Matthew Athletic Department

Notice for incoming 6th, 7th and 8th graders for 2023-2024

The Following dates are the first official days of tryouts / practice for St. Matthew Middle School Fall Sports Sports.

Football - We will be playing 6-man this season

- July 30th
 - Equipment Handout / Need Time
- July 31 - Aug 4th
 - Strength & Conditioning (No Helmets)
 - Practice / 6pm - 7:30pm
- August 7th - 10th
 - Football Tryouts / Helmets Only
 - Practice / 6:30 - 8:30
- August 11th
 - Football Tryouts / Full Pads
 - Practice / 6:30 - 8:30

Volleyball

- August 7th - 8th
 - Volleyball Camp / 4:30pm - 6:30pm / SMAC
 - Open Gym with Coach - Not a prerequisite
 - No evaluations will be done
- August 9th & 11th
 - Two Day Tryout
 - 4:30pm - 6:30pm / SMAC
 - Must make both days

Cross Country

- August 11th
 - Meeting @ Gym / 5:30pm
- August 12th
 - Practice 7:30am @ Sports Complex

7 man Soccer

- August 14th & 15th
- Tryouts for 7 man Soccer
- St. Matthew will still have 11 man soccer in the Winter
- Team max is 14
- Must make both days

Thank You

Chris Juarez - Athletic Director