



Southwest High School Activity Dates

2023-2024

[Athletic Forms and Registration](#) are now online. Registration must be completed prior to participating in any sport, including practice, games, or meets. Code meetings will be held for individual sports.

SPRING SPORTS DATES

Sport	Earliest Day to Practice	Regionals	Sectionals	State
Soccer (Girls)	March 18	May 28 – June 1	June 6 – 8	June 13 – 15
Softball	March 11	May 16 – 23	May 28 – 30	June 6 – 8
Track & Field	March 4	May 20	May 23	May 31 - June 1
Baseball	March 18	May 23 – 29	June 4	June 10 – 13
Tennis (Boys)	March 25		May 20 – 23	May 30 - June 1
Golf (Boys)	March 25	May 21 – 22	May 28 – 29	June 3 – 4
Lacrosse (Girls)	March 11	May 23 - 28	May 30 - June 1	June 8
Lacrosse (Boys)	March 11	May 24 – 28	May 30 - June 1	June 8

Soccer (Girls): Tryouts will be held the week of March 18. This is the week before Spring Break this year. For athletes missing part of the week due to family commitments during Spring Break, we will attempt to accommodate & place on a team. Please let Coach Draves know if you will be missing time during Spring Break, but still interested in participating in Girls Soccer program. Open gyms will be upcoming weekends & will be posted on updated calendar. Contact Coach [Jay Draves](#) or visit the [team website](#).

Softball: Practice begins Monday, March 11: M-F from 5:15-7:15 PM (except Wednesday 4:30-6 PM) in the school gym. For season practice and game schedule, you will be added to our game management tool, Game Changer. For more information please email [Shawn Neuville](#).

Track & Field: Practice begins March 4 with warm-ups beginning at 3:15; meet in the gym. All physicals and paperwork must be completed before March 4th. Practices will end at 5:15. Athletes should be prepared to go outside for practice (bring sweatshirt, sweatpants, hat, gloves, etc). You will not be allowed to run outside in only shorts or t-shirt if the temperature is below 45 degrees. Anyone interested in joining the Trojan Track & Field Team should contact [Coach Pulka-Schuh](#) and Coach [Dylan Grimsrud](#) and join our Google Classroom with the code: 5wc2uqs .

Baseball: Pitchers and catchers (only) begin the week of 3/11-3/15. Tryouts will be held the first week of practice 3/18 through 3/23. Rosters to start the season for both varsity and junior varsity will be established by Sunday, March 24th. However, the varsity roster is fluid and players may be brought up or moved down from to the varsity roster as the season progresses. Contact [Coach Rukamp](#) or have your player check the GBSW Google Classroom for more information.

Tennis (Boys): Practice begins on March 28th on the SW Tennis Courts. Practices are M-F from 3:30-5:00. Every team member must have all the required info of physicals completed online before March 28th. For more information contact Head Coach [Windsor Tanner](#) or Asst. Coaches [Nicholas Hilmers](#) and [Michael Marchetti](#).

Golf (Boys): Boys Golf start date is Monday March 25th. The first practice will be held in the SW Commons for equipment handouts. For more information contact [Amy Hogan](#).

Lacrosse (Girls): Practice starts for Notre Dame Academy Lacrosse Co-op on March 11th. A parent/athlete information meeting is on Feb. 26th at 6pm in the Notre Dame Academy auditorium. We are currently hosting open gyms at Notre Dame on Saturday mornings from 8:30-10 in the gyms. Contact Coach [Hailey Anderson](#) for more information.