



Southwest High School Activity Dates

2022-2023

[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 20	May 30 - June 3	June 8-10	June 15-17
Softball	March 13	May 18-25	May 30 – June 1	June 8-10
Track & Field	March 6	May 22	May 25	June 2-3
Baseball	March 20	May 25-31	June 6	June 12-15
Tennis (Boys)	March 27		May 24-25	June 1-10
Golf (Boys)	March 27	May 23-24	May 30-31	June 5-6
Lacrosse (Girls)	March 7	May 30-June 2 (playoffs)	June 5 (Quarterfinals)	June 11

Soccer (Girls): Tryouts will be held the week of March 20. 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 13: 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 6 with warm-ups beginning at 3:15; meet in the gym. All physicals and paperwork must be completed before March 6th. 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](#) in room 2660 and join our Google Classroom with the code: 5wc2uqs .

Baseball: Pitchers and catchers (only) begin the week of 3/13-3/17. Tryouts will be held the first week of practice 3/20 through 3/25. Players being considered for varsity will be asked to participate in the Royal & White Scrimmage or a scrimmage against another school on Saturday, March 25th, weather permitting. Rosters to start the season for both varsity and junior varsity will be established by Sunday, March 26th. 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. Full Roster will be completed and finalized by April 12th. For more information contact Head Coach [Windsor Tanner](#) or Asst. Coaches Bill Simon and [Michael Marchetti](#).

Golf (Boys): Boys Golf start date is Monday March 27th. The first practice will be held in room 2020 for equipment handouts. For more information email Coach [Dave Vanlieshout](#).

Lacrosse (Girls): United Lacrosse through Notre Dame. Practice begins on March 7th. See the [practice schedule](#) or Contact Coach [Hailey Anderson](#) for more information.