



XAVIER COLLEGE PREPARATORY 2024 FALL SPORTS TRYOUT INFORMATION

WE WILL BE SENDING AN EMAIL TO ALL PARENTS WITH A LINK TO REGISTER THEIR DAUGHTER ON FinalForms (Athletics Data Management service). IF YOUR DAUGHTER PLANS TO PARTICIPATE IN XAVIER SPORTS, THIS HAS TO BE DONE BEFORE FALL TRYOUTS-AUGUST 9, 2024

ALL XAVIER STUDENTS MUST HAVE THE 2024-2025 ANNUAL PHYSICALS AND "CONSENT TO TREAT" ON FILE

ALL TRYING OUT FOR FALL SPORTS MUST HAVE COMPLETED THE AIA BRAINBOOK COURSE AND OPIOID COURSE.

(SEE aiaonline.org, GO TO AIA ACADEMY IN THE TOP BANNER, THEN TO "BRAINBOOK," and "OPIOID COURSE" REGISTER AS A STUDENT, TAKE THE COURSES AND PRINT THE CERTIFICATES OF COMPLETION TO GIVE TO YOUR P.E. INSTRUCTOR)

BADMINTON

OPEN GYM

Monday, August 5 th	3:30pm – 5:00pm	Vestar Hall
Tuesday, August 6 th	10:00am – 11:30am	Vestar Hall

BADMINTON TRYOUTS

Thursday, August 15 th	3:30pm – 5:00pm	Activity Center
Friday, August 16 th	2:00pm – 3:30pm	Activity Center
Monday, August 19 th	3:30pm – 5:00pm	Activity Center

Badminton Parent Meeting: Wednesday, August 21st 6:00pm Grubb LH

Girls trying out must attend all days of tryouts.

Wear appropriate t-shirts, tennis skirts, shorts and tennis shoes. Bring a racket if you have one (Xavier will provide one, if needed). Bring a full jug of water

CREW

CREW LEARN TO ROW

Thursday, August 22nd Interest Meeting 12:00pm Founder's Hall
If you have any questions please email Coach Geoff Stricklin at gstricklin@xcp.org

CROSS COUNTRY

CROSS COUNTRY TRYOUTS

Monday, August 12 th	5:30am	10 th , 11 th , 12 th grade ONLY (No Frosh)
Tuesday, August 13 th	5:30 am	9 th , 10 th , 11 th , 12 th
Wednesday, August 14 th	5:30am	9 th , 10 th , 11 th , 12 th
Thursday, August 15 th	5:30am	9 th ONLY

Monday, August 12 th	meet at Granada Park at 5:30am (No Frosh)
Tuesday, August 13 th	meet at Brophy Sports Complex track at 5:30am
Wednesday, August 14 th	meet at Brophy Sports Complex track at 5:30am
Thursday, August 15 th	meet at Brophy Sports Complex track at 5:30pm

Come dressed to run; wear appropriate shorts, t-shirts (**Sports bras are not to be worn as or in place of t-shirts**) and running shoes. **Girls can shower in the Xavier locker room after practice.**

FLAG FOOTBALL

FLAG FOOTBALL TRYOUTS

Monday, August 12th	5:00pm-7:00pm	Petznick Field
Tuesday, August 13th	5:00pm-7:00pm	Petznick Field
Wednesday, August 14th	5:00pm-7:00pm	Petznick Field
Friday, August 16 th	6:00pm-7:30pm	Grubb Lecture Hall Mandatory Parent Meeting

What to bring/ Wear

Appropriate white t-shirt (no tank tops or club shirts) and shorts
Turf shoes or athletic shoes
Refillable water jug (fill water before tryouts begin)
Mouth piece if you have one/ sunscreen
Flag Football Helmet or soccer halo if you have one

Optional:

Sunglasses/ Sports towel

Flag Football takes place during the hottest time of day. It is the responsibility of the student to hydrate and acclimate to the heat

GOLF

OPEN GOLF

Wednesday, August 7th

Thursday, August 8th

Friday, August 9th

Mandatory Meeting in Lutfy Hall at 2:40pm

meet in Hornaday Conference Room at 2:40pm

Bus leaves at 2:50pm

meet in Hornaday Conference Room at 12:00pm

Bus leaves at 12:15pm

GOLF TRYOUTS

Tuesday, August 13th

meet in Hornaday Conference Room at 1:40pm

Bus leaves at 1:50pm

Wednesday, August 14th

meet in Hornaday Conference Room at 1:40pm

Bus leaves at 1:50pm

Thursday, August 15th

meet in Hornaday Conference Room at 1:40pm

Bus leaves at 1:50pm

Golf Parent Meeting: Tuesday, August 20th 5:00pm Hornaday Conference Room

OPEN GOLF: Meet in Hornady Conference Room at 7th period. The bus leaves at 1:50 for the course. Bring clubs, shoes, hat, balls, sunscreen, water bottle, etc. and put in the Hornaday Conference room.

Wear long white shorts or white skort (not shorts) and royal blue XCP polo shirt

TRYOUTS:

Meet in Hornaday Conference Room. Bring clubs, shoes, hat, balls, sunscreen, water bottle, etc. and put in Hornaday Conference room. Wear long white short or white skort (not short) and royal blue XCP polo shirt.

HOTSHOTS

HOTSHOTS LEARN TO SHOOT

Details to follow – Learn to shoot will be early September

Practice: Sunday afternoons

If you have any questions please email Coach Brian Trapp at btrapp@xcp.org

MOUNTAIN BIKING

MOUNTAIN BIKING TRYOUTS

Monday, August 12 th	3:00pm – 4:30pm	Spin Room
Tuesday, August 13 th	3:00am – 4:30am	Beach Volleyball Courts <small>(South side of XCP campus on Meadowbrook)</small>
Saturday, August 17 th	6:30am-10:30am	Papago Park Ramada Group Placement Rides (no cut placement)

Bring a bike, helmet and water. If a bike and helmet is needed, we will provide them with advance notice.

If you have any questions, please email Coach Rich Perrott at rperrott@xcp.org

SPIRITLINE

SPIRITLINE FROSH TRYOUTS

August 9, 2024

3:00pm – 5:00pm. (check in at 2:30pm)

Vestar Hall

What to bring / wear:

- water bottle
- plain colored athletic t-shirt (no tank tops)
- plain colored Softe™ shorts with spandex
- cheer shoes or athletic shoes (if trying out for cheer)
- jazz shoes or turners (if tryout for Spiritline – POM or Gatorline)
- hair is to be all the way up and pulled back out of the face. Bows are optional but encouraged
- NO jewelry whatsoever
- No acrylic or fake nails (gel manicure is permitted) If you can see the length of your nails over the tops of your fingertips – they will need to be cut

All paperwork must be completed and signed in order to tryout

SWIMMING AND DIVING

SWIMMING TRYOUTS

Tuesday, August 13th 2:40pm – 5:15pm Brophy Pool

All NEW students meet in front of Lutfy Hall after school. Captains will take the girls over to Brophy pool on the first day of tryouts.

Wednesday, August 14th 2:40pm – 5:15pm Brophy Pool

Thursday, August 15th 2:40pm – 5:15pm Brophy Pool

Girls trying out must attend each day of tryouts.

Girls must wear a one-piece suit, and bring goggles, towels, and sunscreen and bring a full jug of water and fins. Any questions regarding tryouts, please email coach Glen Coy at gcoy@xcp.org

FROSH TENNIS

**Interest Questionnaire Emailed to all Freshman: Monday August 12th, 2024.
Interest Questionnaire closes at 3:30pm on Friday, August 16th, 2024.**

FROSH TENNIS TRYOUTS

Monday, August 12th Informational Lunch meeting FH. Required questionnaire for all those planning to come out for Freshmen Tennis.

Friday, August 16th **REQUIRED QUESTIONNAIRE CLOSSES AT 3:30PM**

Monday, August 19 th	3:30pm- 5:00pm	Stark Tennis Center
Tuesday, August 20 th	3:30pm- 5:00pm	Stark Tennis Center
Wednesday, August 21 st	3:30pm- 5:00pm	Stark Tennis Center

First Week of Practices: August 26th- 29th 3:30pm – 5:30pm

Required:

Wear appropriate Tennis attire or PE uniform.

Tennis shoes only. No Converse or Running shoes

Hat or Visor

Sunscreen

Large refillable water bottle. Cool water will be available throughout the campus

Optional

Electrolytes

Sports towel

Sunglasses

Freshmen Tennis Season takes place during the extreme heat of the day. It is the responsibility of the student to acclimate during the month of August.

Any questions regarding tryouts please email jhernandez@xcp.org

VOLLEYBALL

VOLLEYBALL OPEN GYM – 9th, 10th, 11th, 12th grade

Monday, August 5 th	1:30pm – 3:30pm	Brophy Gym
Tuesday, August 6 th	12:30pm – 2:30pm	Brophy Gym
Wednesday, August 7 th	3:00pm – 5:00pm	Brophy Gym
Thursday, August 8 th	3:00pm – 5:00pm	Brophy Gym

All trying out must attend all days of try-outs. Come dressed to try-outs in appropriate shorts, t-shirts and tennis shoes. Bring your full water jugs.

VOLLEYBALL TRYOUTS

Monday, August 12th	Freshmen	
	3:15pm – 4:45pm	Vestar Hall
	Sophomores, Juniors, Seniors	
	4:45pm-7:00pm	Activity Center
Tuesday, August 13th	Freshmen	
	3:15pm – 4:45pm	Vestar Hall
	Sophomores, Juniors, Seniors	
	4:45pm – 7:00pm	Activity Center
Wednesday, August 14th	Freshmen	
	3:15pm – 4:45pm	Vestar Hall
	Sophomores, Juniors, Seniors	
	4:45pm – 7:00pm	Activity Center