



ARIS Middle School Athletics Schedule

Sport	Year Group	Tryouts	Practice Schedule (In Season)	Practice Schedule (Off-Season)
Swimming	Years 7-13	Wednesday, 3 September, 1:30 - 3:30 pm	Mon, Thurs 6:00 am - 7:30 am Wed 1:30 pm - 4:30 pm Sat 8:00 am - 10:00 am	Year Round
Track & Field	Years 7-13	Wednesday, 3 September, 1:45 - 3:30 pm	Wednesday: 1:30 - 4:30 pm, Saturday: 9:00 - 11:00 am	Year Round
Padel	Years 7-13	Wednesday, 3 September, 3:00 - 5:00 pm	Wednesday: 3:00 - 5:00 pm, Saturday: 8:00 - 10:00 am	Year Round
Chess	Years 7-13	Friday, 5 September, 3:30 - 5:00 pm	Tuesday & Friday: 3:30 - 5:30 pm	Year Round
Cheerleading	Years 7-13	Wednesday, 3 September, 1:30 - 3:30 pm	Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:30 pm	Year Round
Girls Football	Years 7-9	Tuesday, 2 September, 3:30 - 5:00 pm	Tuesday: 3:30 - 5:30 pm, Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:30 pm	(Off-Season) Wednesday: 1:30 - 3:30 pm, Saturday: 10:00 am to 12 pm
Boys Football	Years 7-9	Monday, 1 September, 3:30 - 5:30 pm	Monday: 3:30 - 5:30 pm, Wednesday: 1:30 - 3:30 pm, Thursday: 3:30 - 5:30 pm	(Off-Season) Wednesday: 1:30 - 3:30 pm, Saturday: 10:00 am to 12 pm
Girls Volleyball	Years 7-9	Monday, 17 November, 3:30 - 5:30 pm	Monday: 3:30 - 5:30 pm, Thursday: 3:30 - 5:30 pm Saturday: 8:00 - 10:00 am	Monday: 3:30 - 5:30 pm, Thursday: 3:30 - 5:30 pm



Boys Volleyball	Years 7-9	Tuesday, 18 November, 3:30 - 5:30 pm	Tuesday: 3:30 - 5:30 pm, Friday: 3:30 - 5:30 pm, Saturday: 8:00 - 10:00 am	Tuesday: 3:30 - 5:30 pm, Friday: 3:30 - 5:30 pm
Girls Basketball	Years 7-9	Tuesday, 18 November, 3:30 - 5:30 pm	Tuesday: 3:30 - 5:30 pm, Friday: 3:30 - 5:30 pm, Saturday: 8:00 - 10:00 am	Tuesday: 3:30 - 5:30 pm, Wednesday: 1:30 - 3:30 pm
Boys Basketball	Years 7-9	Monday, 17 November, 3:30 - 5:30 pm	Monday: 3:30 - 5:30 pm, Thursday: 3:30 - 5:30 pm, Saturday: 8:00 - 10:00 am	Monday: 3:30 - 5:30 pm, Wednesday: 1:30 - 3:30 pm