

# 2025 DASD Summer Open Practices

## Starting the Week of June 2nd (Unless Otherwise Stated Below)

Grade listed is what the student will be entering the 2025-2026 school year.

**Cross Country (Grades 7-12)** – *Starting June 9<sup>th</sup>* - High School: Mondays and Wednesdays **7:30 – 9:00 AM** and Rail Trail locations on Saturdays

**Sr. High Football (Grades 9-12)** – Middle School Practice Field/Weight Room: Mondays, Tuesdays, Thursdays, and Fridays **7:30 – 9:30 AM**.

**JH Football (Grades 7-8)** – Middle School Weight Room and Lower Practice Field: Monday, Tuesdays, and Thursdays **5:30 – 7:30 PM**

**Boys' Soccer (Grades 9-12)** – Injury Preventive/Strength Cond. - High School Weight Room/Gym/Turf: Mondays **5:00-6:30 PM** and Wednesdays **10:00-11:30 AM**. Open Fields – High School Turf: Wednesdays **7:00-8:30 PM** and Fridays **7:00-8:00 PM**

**Boys' and Girls' Soccer Goalies (Grades 9-12)** – High School Turf: Sundays **7:00-9:00 PM**

**Girls' Soccer (Grades 9-12)** – *Starting June 5<sup>th</sup>* - High School Turf: Mondays and Thursdays **7:00 – 9:00 AM**

**Girls' Volleyball (Grades 9-12)** – High School Gym: Tuesdays & Wednesdays **9:30 –11:30 AM** and Thursdays **10:00 –11:00 AM**, High School Gym: Tuesday, Wednesday, Thursday **12:00 –2:00 PM**. Off the week of June 16<sup>th</sup>.

**Tennis for Kids (Ages 7-16)** – *Runs June 10<sup>th</sup> – July 10<sup>th</sup>* – Middle School Tennis Courts: Tuesdays, Wednesdays, and Thursdays **9:00 – 11:00 AM** (<https://www.tennisforkidsyork.com/>)

**Boys' Basketball (Grades 7-12)** – *Starting June 23<sup>rd</sup>* - High School Gym: Mondays, Tuesdays, and Thursdays **6:30-8:30 AM** (Last day on 7/31)

**Girls' Basketball (Grades 7-12)** – High School Gym: Thursdays **6:00 – 7:00 PM**

**Baseball (Grades 9-12)** – High School Baseball Field: Tuesdays and Thursdays **4:30 – 6:30 PM** (Month of June only.)