

TRYOUTS INFORMATION

- Tryouts at Las Lomas generally take place the first week to two weeks of the official start of each season. Actual tryout dates for some levels are subject to a later stating date.
- Student athletes are given the opportunity to have a minimum of 3 days during a tryout, but some sports, at the coaches discretion, may lengthen the tryouts dependent on number of athletes, available facilities and other related factors.
- Student athletes must complete the registration process in order to be eligible to try out for sports.
- Participating in sports at Las Lomas is a privilege, not a right and must be earned. The tryout process for sports at Las Lomas is competitive and may force coaches to make roster selections (aka, cuts) for varsity, junior varsity, and freshman teams.
- All sports teams that have tryouts provide each student athlete a fair and objective evaluation, minimum of three days and make the best decisions based on the tryout. As much as we want everyone to participate in sports at Las Lomas, roster selections will be made and some student athletes may not make the sport they are trying out for. Head Coaches will make every effort to explain to each student athlete why they did not make the team. Final roster selections are program based and not negotiable.
- In the case of season overlap, athletes are required to complete the current season before attending the new sport. Communication with coaches is important. For further guidelines for overlap at Las Lomas please read [HERE](#).

TRYOUTS DATES

- **2018 Fall Season**
 - July 30, 2018: Football
 - August 6, 2018: Girls Volleyball
 - August 13, 2018 Cross Country, Girls Golf, Girls Tennis, Water Polo.
- **2018-2019 Winter Season**
 - October 29, 2018: Girls Soccer, Girls Basketball, Boys Soccer, Boys Basketball and Wrestling
- **2019 Spring Season**
 - January 28, 2019: Baseball, Competitive Sport Cheer, Swimming and Diving, Track and Field, Softball, Lacrosse, Boys Golf, Boys Tennis, Boys Volleyball