



Southwest High School Activity Dates 2022-2023

Athletic Forms and Registration are now online at <https://gbshs-ar.schooltoday.com>.

Registration must be completed prior to participating in any sport, including practice, games, or meets. Code meetings will be held for individual sports.

FALL SPORTS DATES

Sport	Earliest Day to Practice	Regionals	Sectionals	State
Football	August 2			November 17-18
Golf (Girls United)	August 9	September 28-29	October 3-5	October 10-11
Soccer (Boys)	August 15	October 18 & 22	October 27 & 29	November 3-5
Tennis (Girls)	August 9	October 3-4	October 5-6	October 13-15 (Indiv) October 21-22 (Team)
Swim (Girls United)	August 10		November 5	November 12
Volleyball	August 15	October 20, & 22	October 27 & 29	November 3-5
Cross Country (Girls)	August 15		October 23	October 30
Cross Country (Boys)	August 15		October 21-22	October 29

Football: Practice begins Tuesday August 2. Equipment handout is also August 2. For more information, contact Head Coaches [Aaron Van Eperen](#) or [Chad Thiry](#) or visit gbswfootball.com. Classroom Code: nys46od

Golf (Girls United): Practice begins Monday August 8 at the Royal Scot Golf Course 9am- 11am. For more information, contact Head Coach [Ray Johnson](#). Google Classroom Code: s46qeaf

Soccer (Boys): Practice begins Monday August 15 at GBSW stadium field 7-8:30 am & 6:30-8:30pm. For more information, contact Head Coach [Jay Draves](#) or visit gbswsoccer.com. Twitter account: @GBSWSoccer

Tennis (Girls): Practice begins Tuesday August 9 from 9am -11am at the Southwest HS Tennis Courts. For more information, contact Head Coach [Windsor Tanner](#) or Asst Coach [Michael Marchetti](#).

Swim (Girls United): Practice begins August 9. Practice from 6-9am (Mon – Fri) at the Southwest Pool. For more information contact Coach [Teri DeGrand](#) or [Janine Huffer](#).

Volleyball: Practice begins Monday August 15 with morning and evening sessions. Varsity- 10:15am - 11:15am; JV1 - 11:00am - 12:00pm; JV2/Freshmen - 11:45am - 1:00pm; All Players from 5:30pm - 8:30pm. For more information, contact Head Coach [Kris Pulka-Schuh](#). Google classroom code: akslijkn

Cross Country (Girls): Practice begins Monday August 15 from 8-10am. We will meet outside the main entrance. Summer running starts June 13th at 9am Mon-Thurs. For more information, contact Head Coach [Dylan Grimsrud](#) or visit www.gbswcc.com.

Cross Country (Boys): Practice begins on Monday, August 15th from 8am-10am. Meet at the track at Lombardi Middle School. For more information and to sign up for the team, visit our [website](#) or contact [Coach Short](#).