

## 2023 Preseason Practices

*Students trying out for an athletic team at HM, even returning athletes, must be present for tryouts.*

*Given the size of our athletic program, not to mention the number of students who will try out for a sport, we do not allow athletes to miss practice unless it's an emergency recognized by the school as such.*

*Please plan accordingly. We look forward to a healthy and safe start to the 2023 season.*

### Varsity and Junior Varsity Football

				Fri., August 18	Sat., August 19
				8:00 am – 11:00 am 1:00 pm – 3:00 pm	8:00 am – 11:00 am
Mon., August 21	Tues., August 22	Wed., August 23	Thurs., August 24	Fri., August 25	Sat., August 26
8:00 am – 11:00 am 1:00 pm – 3:00 pm	8:00 am – 11:00 am 1:00 pm – 3:00 pm	8:00 am – 11:00 am 1:00 pm – 3:00 pm	8:00 am – 11:00 am 1:00 pm – 3:00 pm	8:00 am – 11:00 am 1:00 pm – 3:00 pm	TBA
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1	Sat., September 2
<i>Depart for Sleep Away – 7:30 am</i>	<i>Sleep Away</i>	<i>Sleep Away</i>	<i>Return from Sleep Away – 8:00 pm</i>	8:00 am – 11:00 am	Varsity Scrimmage @ Edgemont HS

### Varsity and Junior Varsity Boys Soccer

Mon., August 21	Tues., August 22	Wed., August 23	Thurs., August 24	Fri., August 25
8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am	8:00 am – 11:00 am	3:00 pm – 5:00 pm	Varsity Scrimmage – TBA / 4:00 p.m. Junior Varsity Scrimmage TBA / 4:00 p.m.	School Closed No Practice

### Varsity and Junior Varsity Girls Soccer

Mon., August 21	Tues., August 22	Wed., August 23	Thurs., August 24	Fri., August 25
8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am	8:00 am – 11:00 am	3:00 pm – 5:00 pm	8:00 am – 11:00 am	School Closed No Practice

### Varsity Only Girls Volleyball

Mon., August 21	Tues., August 22	Wed., August 23	Thurs., August 24	Fri., August 25
8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am 1:00 pm – 3:00 pm (classroom)	8:00 am – 11:00 am 1:00 pm – 3:00 pm (classroom)
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am 1:00 pm – 3:00 pm (classroom)	8:00 am – 11:00 am 1:00 pm – 3:00 pm (classroom)	3:00 pm – 5:00 pm	3:00 pm – 5:00 pm	School Closed No Practice

### Junior Varsity Girls Volleyball

		Wed., August 23	Thurs., August 24	Fri., August 25
		8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
9:00 am – 11:00 am	8:00 am – 11:00 am	3:00 pm – 5:00 pm	3:00 pm – 5:00 pm	School Closed No Practice

### Girls Cross Country

		Wed., August 23	Thurs., August 24	Fri., August 25
		9:00 am – 11:00 am	9:00 am – 11:00 am	9:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
9:00 am – 11:00 am	9:00 am – 11:00 am	3:00 pm – 5:00 pm	9:00 am – 11:00 am	School Closed No Practice

### Boys Cross Country

		Wed., August 23	Thurs., August 24	Fri., August 25
		9:00 am – 11:00 am	9:00 am – 11:00 am	9:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
9:00 am – 11:00 am	9:00 am – 11:00 am	3:00 pm – 5:00 pm	9:00 am – 11:00 am	School Closed No Practice

### Field Hockey

Mon., August 21	Tues., August 22	Wed., August 23	Thurs., August 24	Fri., August 25
8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am	8:00 am – 11:00 am	Varsity Scrimmage – Rye CDS Away / 3:00 p.m.	8:00 am – 11:00 am	School Closed No Practice

### Varsity and Junior Varsity Water Polo

		Wed., August 23	Thurs., August 24	Fri., August 25
		8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am	8:00 am – 11:00 am	3:00 pm – 5:00 pm	8:00 am – 11:00 am	School Closed No Practice

### Varsity and Junior Varsity Girls Tennis

		Wed., August 23	Thurs., August 24	Fri., August 25
		8:00 am – 11:00 am	8:00 am – 11:00 am	8:00 am – 11:00 am
Mon., August 28	Tues., August 29	Wed., August 30	Thurs., August 31	Fri., September 1
8:00 am – 11:00 am	8:00 am – 11:00 am	3:00 pm – 5:00 pm	8:00 am – 11:00 am	School Closed No Practice