



ARIS High School Athletics Schedule

Sport	Year Group	Tryout Date & Time	Season	Training Period	Training Days & Times
Swimming	Years 7–13	Wednesday, 3 Sept 1:30 pm – 4:30 pm	Year Round	3 Sept – 29 May	Mon, Thurs 6:00 am - 7:30 am Wed 1:30 pm - 4:30 pm Sat 10:00 am - 12:00 pm
Track & Field	Years 7–13	Wednesday, 3 Sept 1:45 pm – 3:30 pm	Year Round	3 Sept – 29 May	Wed 1:45 – 3:30 pm, Sat 9:00 – 11:00 am
Padel	Years 7–13	Wednesday, 3 Sept 3:00 pm – 5:00 pm	Year Round	3 Sept – 29 May	Wed 3:00 – 5:00 pm, Sat 8:00 – 10:00 am
Chess	Years 7–13	Friday, 5 Sept 3:30 pm – 5:00 pm	Year Round	5 Sept – 29 May	Tue & Fri 3:30 – 5:00 pm
Cheerleading	Years 7–13	Wednesday, 3 Sept 1:30 pm – 3:30 pm	Year Round	3 Sept – 29 May	Wed 1:30 – 3:30 pm, Fri 3:30 – 5:30 pm
Girls Volleyball	Years 10–13	Monday, 1 Sept 3:30 pm – 5:30 pm	In + Off Season	1 Sept – 14 Nov 17 Nov – 20 Feb	In Season: Mon, Thu 3:30 – 5:30 pm, Tue, Fri 6:00 – 7:30 am Off Season: Wed 6:00 – 7:30 am, Sat 8:00 – 10:00 am
Boys Volleyball	Years 10–13	Tuesday, 2 Sept 3:30 pm – 5:30 pm	In + Off Season	1 Sept – 14 Nov 17 Nov – 20 Feb	In Season: Mon, Thu 6:00 – 7:30 am, Tue, Fri 3:30 – 5:30 pm; Off Season: Wed 6:00 – 7:30 am, Sat 8:00 – 10:00 am



Girls Basketball	Years 10–13	Tuesday, 2 Sept 3:30 pm – 5:30 pm	Off + In Season	2 Sept – 27 Feb 2 March – 29 May	Off Season: Tue, Fri 3:30 – 5:30 pm; In Season: Mon, Thu 3:30 – 5:30 pm, Tue, Fri 6:00 – 7:30 am
Boys Basketball	Years 10–13	Monday, 1 Sept 3:30 pm – 5:30 pm	Off + In Season	1 Sept – 27 Feb 2 March – 29 May	Off Season: Mon, Thu 3:30 – 5:30 pm; In Season: Mon, Thu 6:00 – 7:30 am, Tue, Fri 3:30 – 5:30 pm
Girls Football	Years 10–13	Tuesday, 2 Sept 3:30 pm – 5:30 pm	Off + In Season	2 Sept – 14 Nov 17 Nov – 27 Feb	Off Season: Mon, Thurs 6:00 am – 7:30 am; In Season: Mon, Fri 6:00 am – 7:30 am Tues, Thurs 3:30 – 5:30 pm
Boys Football	Years 10–13	Tuesday, 2 Sept 6:00 am – 7:30 am	Off + In Season	2 Sept – 14 Nov 17 Nov – 27 Feb	Off Season: Tue, Fri 6:00 – 7:30 am; TEAM B In Season: Mon, Fri 3:30 – 5:30 pm, Tues, Thurs 6:00 – 7:30 am TEAM A ONLY (WAISAL) In Season: Mon 3:30 – 5:30 pm, Tues, Thurs 6:00 – 7:30 am, Sat 8:00 am to 10:00 am