

2023 Spring Sports Tryout Schedule

Listed below are the dates for each sport being offered at North Allegheny in the spring of 2023. There will be a total of three consecutive days of tryouts. The dates/times for day one of each tryout is listed below. These dates and times are subject to change.

Baseball

- **High School (Boys – Grades 10-12). 2 teams – Varsity/JV.**
First day of practice – Monday, March 6, 2023
Location – Baierl Center Mezzanine
Time – 5:00 pm
- **Freshman (Boys – Grade 9). 1 team.**
First day of practice – Monday, March 6, 2023
Location – Intermediate High School (NAI) Upper Gymnasium
Time – 5:30 pm
- **Carson MS (Boys – Grades 7-8). 1 team.**
First day of tryouts – Monday, March 6, 2023
Location: Carson Middle School Gymnasium
Time – 3:15 pm
- **Ingomar MS (Boys – Grades 7-8). 1 team.**
First day of tryouts – Monday, March 6, 2023
Location – Ingomar Middle School Gymnasium
Time – 3:15 pm
- **Marshall MS (Boys – Grades 7-8). 1 team.**
First day of tryouts – Monday, March 6, 2023
Location – Marshall Middle School Gymnasium
Time – 5:30 pm

Girls Flag Football

- **High School (Girls– Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 13, 2023
Location – Carson Middle School Gymnasium
Time – 5:30pm – 7:30pm

Boys Lacrosse

- **High School (Boys– Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 6, 2023
Locations –
Indoor – due to inclement weather – Baierl Center at 9:00 pm
Outdoor – weather permitting – Newman Stadium at 7:00 pm

Girls Lacrosse

- **High School (Girls – Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 6, 2023
Locations –
Indoor – due to inclement weather – Baierl Center at 7:30 pm
Outdoor – weather permitting – Newman Stadium at 5:00 pm

Rowing

- **High School (Boys & Girls – Grades 9-12). 2 teams – Boys team & Girls team.**
First day of tryouts – Monday, March 6, 2023
Location – Intermediate High School (NAI) Cardio Room
Time – 5:00 – 7:00 pm

Softball

- **High School (Girls – Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 6, 2023
Location – Baierl Center Mezzanine
Time – 2:45 pm – 5:15 pm
- **Middle School (Girls – Grade 7-8). 1 team – Black & Gold teams.**
First day of tryouts – Monday, March 6, 2023
Location – Marshall Middle School Gymnasium
Time – 3:15 pm- 5:30 pm

Tennis

- **High School (Boys – Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 6, 2023
Location – Senior High School Courts (weather permitting)
Time – 3:00 pm *
*If inclement weather, a practice schedule will be provided on the athletic website.

Track

- **High School (Boys & Girls – Grades 9-12). 2 teams – Boys team & Girls team.**
First day of tryouts – Monday, March 6, 2023
Location – Baierl Center Activity Room/Newman Stadium Track
Time – 2:45 pm
- **Middle School (Boys & Girls – Grades 7-8). 2 teams – Boys team & Girls team.**
First day of tryouts – Monday, March 6, 2023
Location – Intermediate High School (NAI) Upper Gymnasium
Time – 3:15 pm

Volleyball

- **High School (Boys – Grades 9-12). 2 teams – Varsity/JV.**
First day of tryouts – Monday, March 6, 2023
Location – Senior High Gymnasium
Time – 6:00 pm

- **Middle School (Boys – Grades 7-8). 2 teams – Black & Gold teams.**
First day of tryouts – Monday, March 6, 2023
Location – Intermediate High School (NAI) Lower Gymnasium
Time – 3:15 pm