**2025 Spring Sports Tryout Schedule**

**First Practice/Tryout Date – March 3, 2025**

Listed below are the dates for each sport being offered at North Allegheny in the spring of 2025. 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 3, 2025

Location – Baierl Center Activity Room

Time – 5:30 pm

* **Freshman (Boys – Grade 9). 1 team.**

First day of practice – Monday, March 3, 2025

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 3, 2025

Location: Carson Middle School Gymnasium

Time – 3:15 pm

* **Ingomar MS (Boys – Grades 7-8). 1 team.**

First day of tryouts – Monday, March 3, 2025

Location – Ingomar Middle School Gymnasium

Time – 3:15 pm

* **Marshall MS (Boys – Grades 7-8). 1 team.**

First day of tryouts – Monday, March 3, 2025

Location – Marshall Middle School Gymnasium

Time – 5:30 – 7:30 pm

**Flag Football**

* **High School (Girls – Grades 9-12). 2 teams.**

First day of tryouts – Monday, March 3, 2024

Locations –

*Indoor – due to inclement weather – Carson Middle School at 5:30 pm*

*Outdoor – weather permitting – Intermediate High School (NAI) Turf at 3:30 pm*

**Boys Lacrosse**

* **High School (Boys– Grades 9-12). 2 teams – Varsity/JV.**

First day of tryouts – Monday, March 3, 2025

Locations –

*Indoor – due to inclement weather – Baierl Center at 9:00 pm*

*Outdoor – weather permitting – Newman Stadium at 7:30 pm*

**Girls Lacrosse**

* **High School (Girls – Grades 9-12). 2 teams – Varsity/JV.**

First day of tryouts – Monday, March 3, 2025

Locations –

*Indoor – due to inclement weather – 7:30 pm.*

*Outdoor – weather permitting – Newman Stadium at 5:15 pm*

**Rowing**

* **High School (Boys & Girls – Grades 9-12). 2 teams – Boys team & Girls team.**

First day of tryouts – Monday, March 3, 2025

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 3, 2025

Location – Baierl Center Activity Room

Time – 4:15 pm

* **Middle School (Girls – Grade 7-8). 1 team.**

First day of tryouts – Monday, March 3, 2025

Location – Marshall Middle School Gymnasium, or MMS Softball Field

Time – 3:15 – 5:30 pm

**Tennis**

* **High School (Boys – Grades 9-12). 2 teams – Varsity/JV.**

First day of tryouts – Monday, March 3, 2025

Location – Senior High School Courts (weather permitting)

\*If inclement weather, a practice schedule will be provided on the athletic website.

Time – 3:00 pm

**Track**

* **High School (Boys & Girls – Grades 9-12). 2 teams – Boys team & Girls team.**

First day of tryouts – Monday, March 3, 2025

Location – Baierl Center Activity Room/Newman Stadium Track

Time – 3:00 pm

* **Middle School (Boys & Girls – Grades 7-8). 2 teams – Boys team & Girls team.**

First day of tryouts – Monday, March 3, 2025

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 3, 2025

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 3, 2025

Location – Intermediate High School (NAI) Lower Gymnasium

Time – 3:15 pm