

# Cincinnati Country Day School Upper School Athletics

## 2019 Summer and Preseason Schedules

*\* Please note that the below information is subject to change. Please touch base with the Head Coach of each sport to confirm schedules.*

**Football:** Weightlifting and Conditioning 8-10am (July 17, 19, 22, 24, 26)

July 29 & 30 Practice 5:45 – 9:15pm

July 31 Overnight camp begins at 5:15pm and Pickup will be on Saturday, August 3 at Noon

August 5, 6, 7, 8, 9 – Two a Day Practices 7:30am-5:30pm August 10 – Practice 7:30-11am

August 12 & 14 Practice 3:15-6:15pm August 13 – Practice 5:30 – 8:15pm

August 15– Practice 3:15-5:15pm August 16 Scrimmage at Finneytown HS 10am

August 19 & 20 - Practice 3:15-6:15pm August 21 – First Day of School (Practices will be from 3:45-6:00)

### **Boys Soccer:**

July 17 – Captains Practice 6:15pm-8:00pm

July 22 – Summer Scrimmage vs. Lakota West at CCD (JV & Varsity 5:00-8:00)

July 24 – Training 7:00pm-9:00pm

July 26, 27, 28 – Strongsville Preseason Tournament (Varsity Only)

August 1, 2 – Training from 7:15pm-9:00pm

August 3, 4 – OFF

August 5, 6, 7, 8 – Training from 8:45am-11:30am

August 9 -Footy Golf at Little Miami Golf Center 9:45am-11:15am

August 10 – Sam Dillard Scrimmage at 7Hills vs. Norwood 9:45am

August 12 – Training 8:45am-11:30am

August 13 – Scrimmage at CCD vs. Finneytown (JV at 4:30 / Varsity at 6:00)

August 14 – OFF

August 15 – Training from 8:45am-11:30am

August 16 – First game vs. Bethel Tate at CCD (JV at 4:30 / Varsity at 6:30)

August 17 – Varsity run & stretch with captains at 10:30am

August 18 – OFF

August 19 - Game vs. McNichols at CCD (JV at 4:15 / Varsity at 6:00)

August 20 - Training 3:00-4:30

August 21 – first day of school (OFF - -> No Practice)

### **Girls Soccer:**

July 15-18 – Summer Training 5-6:30 p.m. (July 16—Indian Hill Scrimmage 7 v 7 )

July 19, 20, 21 – Mason HS Tournament

Aug. 1, 2, 5, 6, 7 – Practice from 8-10:30am

Aug. 8 – Scrimmage vs. Ross HS Home 5:00-8:00 p.m. (Parent Tailgate)

Aug. 9 – Practice from 8:00-10:30 Aug 10 - Sam Dillard Memorial at 7-Hills

Aug. 12 - Scrimmage vs. Milford Home 4:00-7:30

Aug. 13 - Practice from 4-6 p.m.

Aug. 14 - Scrimmage at Indian Hill 5:30

Aug. 15 & 16 – Practice 4-6pm

Aug. 17 - Opening Game vs. McNick Home 11:00 Community Tailgate with Athletic Boosters

Aug. 19 - Practice from 4:00-5:30 p.m.

Aug. 20 – Game at Newport Central Catholic 6:00

Aug 21 - First Day of School—**No practice.**

## **Cross Country:**

August 7, 8, 9, 12, 13 – Practice from 9:00 – 11:00am (Meet outside by the Amphitheater)

August 14, 15, 16, 19, 20 – Practice from 3:00-5:15pm

August 21 – First Day of School (Practices will now begin at 3:30)

## **Volleyball:**

### Summer Practice, Strength & Conditioning

July 15 3:30-5:30, July 17 10am-12pm, July 18 3:30-5:30, July 20 – 10am (Open Gym)

July 22 3:30-5:30, July 24 10am-12pm, July 25 3:30-5:30, July 27 – 10am (Open Gym)

July 29 3:30-5:30, July 31 10am-11am

August 1 3:00-5:30 (First official practice)

August 5 3:00-5:30, August 6 3:00-5:00, August 7 10am-12:30pm, August 8 3:00-5:30

August 10 – Scrimmage Home vs. Dayton Christian 11:00am

August 12 – Scrimmage Home vs. CNE 12:00pm (Practice & Training 3:00 – 5:30)

August 13 3:00-5:00, August 14 10am-12:00pm Scrimmage vs. Boone County at 1:00pm (TBD)

August 15 3:00-5:30, August 17 12pm Scrimmage at Wyoming

August 19 3:00-5:30, August 20 (First Game at New Miami 5:00), August 21 3:30-5:30

## **Tennis:**

August 6 (first practice), 7, 8, 9 – Practices are 9-11:30am (August 9<sup>th</sup> we will go watch ATP Qualifying)

Aug. 12 vs. Milford 4:00pm (Varsity Away / JV Home)

Aug. 13 practice 9-11:30am

Aug. 14 practice 3:30-5:30

Aug. 15 vs. Lakota West (Varsity Home / JV Away)

Aug. 16 practice 3:30-5:30

Aug. 17 – CCDS Invitational 8:00am – 3:00pm

Aug. 19 – vs. St. Ursula 4:00 (Varsity Home / JV Away)

Aug. 20 vs. Norwood 4:00pm (Varsity Home)

Aug. 21 – First Day of school practice from 3:30-5:00pm

## **Boys Golf:**

Aug 1, 2 - Tryouts at Little Miami - 8:30 am - 12:00 pm

Aug 5 - Maderia Tournament - Vineyard - 8:00 am - 2:00 pm

Aug 6 - Mariemont (away, time/course tbd)

Aug. 8 – Practice at Little Miami 6:00pm – 8:00pm

Aug 12 - (Opponent tbd) Oasis 4:00 pm

Aug 13 - New Richmond - Avon Fields - 1:30 pm

Aug 14 - CCS (time/course tbd)

Aug 15 - Summit CD - Sharon Woods GC - 1:30 pm

Aug 19 - Seven Hills - Camargo (confirming)

Aug 20 - Maderia - Kenwood CC - TBA

Aug 22 - Indian Hill - (course/time tbd)

Aug 23 - MVC Day 1 – Beaver creek GC - 8:00 am

## **Girls Golf:**

August 1, 5, 6, 7 practices from 3:30-5:00 at Little Miami GC

August 8<sup>th</sup> – CCD Invitational at Fairfield Greens 8:00am-2:00pm

August 12 – Match vs. CNE & Taylor 3:30 at Camargo

August 13 & 14 - practice 3:30-5:00 at Little Miami GC

August 19 – Eastside League at Terrace Park CC 3:30,

August 20 - practice 3:30-5:30 at Little Miami GC

August 21 – First Day of School Match vs. McNick HS (Location TBD)