**2025 Fall Athletic Teams Practice Start Dates, Time & Locations**

**7/28**

Football Boys

3-5.15pm (meet in the gym)

Volleyball Girls

4-7pm (meet in the gym)

Cross Country Boys & Girls

 6.30-8.30am Meet in Gym Foyer

**8/4**

Bowling Boys & Girls

3.00pm (Meet at Bowlero Midpoint Del Prado)

Swim Boys & Girls

 7.30-8.30 (meet at Cape Coral HS Pool)

**8/6**

Golf Boys & Girls

 3.00-5pm (Meet at Cape Royal GC)