



FONTBONNE ATHLETICS

GO DUCKS!

FALL SPORTS 2026 PRACTICE AND TRYOUT SCHEDULE

All times are subject to change

CHEERLEADING

Start Date: August 25, 2026

Week #1: Tryouts August 25-27th from 5:00 – 7:00pm at Fontbonne Gym

*Meet coaches and AD at 4:30 in the cafeteria to check-in and confirm Rank One registration is complete. **All 3 days ARE REQUIRED**

Practices: Mondays and Wednesdays beginning August 31st until the end of Xaverian's football season from 5:00pm-7:00pm at Fontbonne gym or CSJ

Required Equipment: Cheer shoes (if you have them) or sneakers, athletic shorts, athletic shirt, and sports bra; Hair must be pulled back and no jewelry may be worn

***All** practices and game participation is required

CROSS-COUNTRY

Start Date: August 24, 2026

Week #1 & 2: August 24 – September 4th from 9:30am – 10:45am at Fontbonne

Meet coaches and AD in the cafeteria at 9:00am to check-in and confirm Rank One registration is complete.

Practices once school begins: Monday – Friday 3:00pm – 4:30pm at Fontbonne, with occasional Saturday meets.

Required Equipment: Running shoes, good socks, running shorts, athletic shirt and sports bra

***All** practices and meet participation is required

SOCCER

Start Date: August 24, 2026

Week #1 & 2: August 24 – September 4th (time is TBD based on new head coaches' schedule) at Andrews Park, Milton; AD will come to field to verify completed registrations

Required Equipment:

Running shoes, cleats, shin guards, long socks, athletic shorts & shirt, sports bra

***All** practices and game participation is required

VOLLEYBALL

Start Date: August 24, 2026

Week #1: August 24 -29

August 24-26, 2026 9:00am – 11:00am

New students to Fontbonne, students who have not played volleyball at Fontbonne, middle school students and freshmen.

Meet coaches and AD in the cafeteria at 8:00am on Monday, August 24th, to check-in and confirm Rank One registration is complete.

August 24 -26, 2026 11:00am - 1:00pm

Returning Fontbonne volleyball players - former 9th/JV/V players

Meet coaches and AD in the cafeteria at 10:30am to check-in on Monday, August 24th, and confirm Rank One registration is complete.

August 27-28th, 2026

8:00am - 10:00am - Varsity practice

10:00 - Noon - JV practice

Noon - 2:00pm - Freshman practice

August 29th - Scrimmage at Marshfield HS for JV and Varsity teams

Week #2: August 31 - Sept. 4

August 31 - Duck for a Day; practices start after 2:30

2:30 - 4:30 - Freshman team practice

4:30 - 6:30 - JV team practice

6:30 - 8:30 - Varsity team practice

September 1 - 2

12:30 - 2:30 Freshman team practice

2:30 - 4:30 JV team practice

4:30 - 6:30 Varsity team practice

Required Equipment:

Court shoes preferred, good socks, kneepads, spandex or athletic shorts, athletic shirt and sports bra

***All** practices and match participation is required

*Per MIAA, students may only participate in one sport per season

**Per MIAA, all students must have a current physical on file.

ALL students who would like to participate in a fall sport, must complete all forms online at www.rankone.com.

- Current physical
- Student-athlete handbook
- Fall registration form
- NFHS concussion training course