



Mount Douglas Athletics 2019 Fall Sports Schedule Information Meetings, Practice Dates & Times

Football (Juniors/Jayvee: Grades 9&10)

Meeting for new players:

Wednesday, Sept. 4th at the start of lunch in Room 121

Practice Days: Monday, Tuesday, Wednesday & Thursday

Practices: begin at 4:45 and end at 7:15pm on the Mt. Doug Field

Head Coach: Coach Townsend

GM: Dave Wong (thewongman@shaw.ca)

Football (Seniors/Varsity: Grades 11&12)

Meeting for new players:

Wednesday, Sept. 4th at the start of lunch in Room 121

Practice Days: Monday, Tuesday, Wednesday, & Thursday

Practices: begin at 4:45 and end at 7:00pm on the Mt. Doug Field

Head Coach: Coach Townsend

GM: Dave Wong (thewongman@shaw.ca)

Girls Volleyball (Junior: Grades 9&10)

Information Meeting:

Wed. Sept. 4th at the start of lunch in Room 122

Tryout Dates & Times: Thurs. Sept. 6th and Monday Sept 9th
3:30 to 5:30pm in the Gym.

Regular Practice Days and Times: TBA

Location: Gymnasium

Coaches: Ms. Elder and Mr. Horton

Girls Volleyball (Senior: Grades 11&12)

Information Meeting:

Wed. Sept. 4th at the start of lunch in Room 122

Tryout Dates & Times: Thurs. Sept. 6th and Monday Sept 9th
3:30 to 5:30pm in the Gym.

Regular Practice Days and Times: TBA

Location: Gymnasium

Coaches: Ms. Rudson and Mr. Horton

Boys Volleyball (Junior 9&10)

Information Meeting:

Thurs. Sept. 5th at the start of lunch in the Weight Room

Tryout Dates & Times: Fri. Sept. 6th 2:00-4:00pm in the gym.

Regular Practice Days and Times: TBA

Location: Gymnasium

Coaches: Ethan Aguilar and Sherwin Du

Boys Volleyball (Senior 11&12)

Information Meeting:

Thurs. Sept. 5th at the start of lunch in the Weight Room

Tryout Dates & Times: Fri. Sept. 7th and Tues Sept 11th from 6:50am
– 8:10am @ Arbutus Middle School

Regular Practice Days and Times: TBA

Location: Arbutus Middle School (until our gym is ready)

Coaches: Christine Bonneau and Emily Pollastretti

Boys Soccer (Junior: Grades 9 and 10)

Information Meeting:

Wednesday, Sept. 4th at the start of lunch in the Weight Room.

Tryouts Dates: Thursday, Sept. 5th at 3:30pm, Friday Sept 6th 2:00pm
and Monday, Sept. 9th at 3:30 at Tyndall Field

Practice Days: TBA

Games Days: Mon/Wed

Location for all Tryouts, Practices & Home Games: Tyndall Field

Boys Soccer (Senior: Grades 11 and 12)

Information Meeting:

Wednesday, Sept. 4th at the start of lunch in the Weight Room.

Tryouts Dates: Thursday, Sept. 5th at 3:30pm, Friday Sept 6th 2:00pm
and Monday, Sept. 9th at 3:30 at Tyndall Field

Practice Days: TBA

Game Days: Tues/Thurs

Location for Tryouts, Practices and Home Games: Tyndall Field

Coach: Isaac Koch and Rees Goertzen

Rowing (Junior and Senior: 9-12)

Information Meeting:

Thurs., Sept. 6th at 11:30am (lunch) in Annex 6

Practices: Tues. / Fri., 3:45–6:00; Sat., 10:15am to 12:30pm

All practices are at Elk Lake.

Dryland Practices: Mon. & Thurs., 3:15-4:45

Coaches: Mr. McLaren and Mr. Hallett

Girls Field Hockey (Jr & Senior: 9-12)

Information Meeting:

Thurs., Sept. 6th at the start of lunch in Room 121

Practice times: TBA

Location: UVic Turf

Games: Mon./Wed., 3:30-4:30 OR 4:30-5:30 at UVic Turf

Coach: Shibby Claire and Kyla Kirby

Team Manager: Ms. Boraston (boraston@shaw.ca)

Aquatics/Swimming (Junior & Senior:9-12)

Information Meeting:

Wed., Sept. 18th at the start of lunch in Annex 6

Practices: Tuesday from 3:20pm to 4:15pm at UVic Pool.

First Practice: October 1st at 3:20pm

Location: UVic's McKinnon Pool

Last Practice: Nov 12th. BC's Nov 15-16 in Richmond.

Coach and Sponsor: Ms. Lindsay & Mr. McMillan

Cross Country (Junior and Senior: 9-12)

Information Meeting:

Thursday, Sept. 5th at the start of lunch in Room 122

First Practice: Friday, Sept. 6th at 2:10pm (meet in the gym)

Practice Days and Times: Mondays at 3:20pm and Fridays at 2:10pm.

Race Days: Wednesdays and Thursdays.

Coach: Mr. Nott

Sponsor: Mr. Kidd

**Please listen to all morning announcements for any changes or additions to this schedule.
If you have any questions, please contact Athletic Director Mr. Horton at dhorton@sd61.bc.ca**