



Athletics

Quarter 2 (October 21st – December 20th)

Interscholastic Sports Schedule

Welcome to the Nest Athletics! Below you will find the current schedule for the Interscholastic and Intramurals sports offered during Quarter 2. All Interscholastic sports will require a completed Athletic Packet in order to participate. The Athletic Packet can be picked up in the front office. All students who participate in Intramural Sports will need to complete the Intramural Permission slip. This is also located in the front office. If you have any questions please do not hesitate to reach out.

-Cody Russell (Athletic Director) cody.russell@palmbeachschools.org

Thank you to each student who came out this year to tryouts. Without you, the program would not be where it is at today.

Girls Volleyball (Coach Gondek)

Practice will begin Monday in preparation for the upcoming season.

Boys Soccer (Coach Russell)

Practice will take place Monday to Friday from 4:15 pm to 5:25 pm.

Intramurals

Yoga (Coach Struthwolf)

Please meet in the Pavilion.

Start time: 4:15 pm

End time: 5:25 pm

10/31 (morning 8:50 am to 9:20 am)

11/5

11/6

11/7

11/8

11/12

11/13

11/14

Conditioning (Coach Deus)

Please meet on the tennis courts.

Start time: 4:15 pm

End time: 5:25 pm

11/5

11/7

11/12

11/14

11/19

11/21

12/3

12/5

12/10

12/12

Tennis (Coach Riccio)

Please meet on the tennis courts.

Start time: 4:15 pm

End time: 5:25 pm

11/3

11/6

11/13

11/14

11/18

11/19

11/21

12/5

12/4

12/9

12/11

Cross Country (Coach Gioia)

Please meet on the tennis courts.

Start time: 4:15 pm

End time: 5:25 pm

12/3

12/5

12/10

12/12

12/17

12/19

1/9

1/14

1/16

1/21

1/23

1/28

1/30

Protect The Nest!