



**Hello PAHS Coaches**

**Building Collaborative Days are from 7:30 – 3:00 = 8/23, 8/24, 8/25, 8/26, 8/29, 8/30, Work day 8/31, 9/1 = 1<sup>st</sup> school day**

**PAHS Fall Coaches meeting Tuesday 8/16 3:00-4:00 / 4:01 – 5:30 = 1st Aid & CPR Class 4:01 PAHS Health Room / Student Center**

**Olympic League Head Coaches meeting at NKHS Thursday Aug.18, 2016 @ 6:00 pm**

Tuesday Aug 30<sup>th</sup>, 2016– 6:01-6:17 AD announcements / Coaches 6:29 pm to 7:29 pm PAHS Fall Parent Meeting in Student Center

Volleyball Main Gym	Swim Coach Butlers House	Cross Country Room 606	Boys Tennis Library
Girls Soccer Saturday at PAHS upper field Saturday 8/27		Football Auditorium / Cafeteria Thursday	

<p><b>Boys and Girls Cross Country (updated 8/5)</b>  Monday Aug 22 - 3:15 -5:15 @ PAHS Room 602  Tuesday Aug 23 - 3:15 -5:15 @ PAHS Room 602  Wednesday Aug 24 - 3:15 -5:15 @ PAHS Track  Thursday Aug 25 - 3:15 -5:15 @ PAHS Track  Friday Aug 26 - 3:15 -5:15 @ PAHS Track  Saturday Aug 27 - 9:00-10:30 @ Lincoln Park  Monday Aug 29 – 3:15 -5:15 @ Track  Tuesday Aug 30 – 3:15 -5:15 @ Track  Wednesday Aug 31 – 3:15 -5:15 @ Track  Thursday Sept 01 – 3:15 -5:15 @ Track  Friday Sept 02 – 3:15 -5:15 @ Track  Saturday Sept 03 – 9:00-10:30 @ Salt Creek</p>	<p><b>Girls Cheer</b>  Monday Aug. 22 PAHS Multi-Purpose Room 4 to 6  Tuesday Aug. 23 PAHS Multi-Purpose 4 to 6  Wednesday Aug. 24 PAHS Multi-Purpose 4 to 6  Thursday Aug. 25 PAHS Multi-Purpose 4 to 6  Friday Aug. 26 PAHS Multi-Purpose 4 to 6  Saturday Aug 27 PAHS Multi-Purpose 8:00am-12:00 Stunt safety  Monday Aug. 29 – PAHS Multi-Purpose 4 to 6  Tuesday Aug 30 – PAHS Multi-Purpose 4 to 6  Wednesday Aug 31 – PAHS Multi-Purpose 4 to 6  Thursday Sept 1 – PAHS Multi-Purpose 3:30 to 6  Friday Sept 2 – Game</p>
<p><b>Soccer (PAHS Upper Field)</b>  Monday Aug. 22 - 9am to 10:26 @ Upper field 3:26 - 6:00 PAHS Upper Field  Tuesday Aug. 23--9am to 10:26 @ Upper field 3:26 - 6:00 PAHS Upper Field  Wednesday Aug. 24---10am to 11:26 @ PAHS Track + Room 415 concussion video / 3:26 - 6:00 PAHS Upper Field  Thursday Aug. 25--- No am practice 3:26 - 6:00 PAHS Upper Field  Friday Aug 26--- No am practice 3:26 - 6:00 PAHS Upper Field  Saturday Aug 27---9:26-11:00 @ PAHS Upper Field 12:00-4:00 team Car Wash  Monday Aug. 29 – 3:30 – 6:00 @ PAHS Upper Field  Tuesday Aug 30 – 3:30 – 6:00 @ PAHS Upper Field  Wednesday Aug 31 – 3:30 – 6:00 @ PAHS Upper Field  Thursday Sept 1 – 3:30 – 6:00 @ PAHS Upper Field  Friday Sept 2 – 3:30 – 6:00 @ PAHS Upper Field</p>	<p><b>Swimming (William Shore Memorial Pool)</b>  Monday Aug. 22 --- 2:00 p.m. – 5:00 p.m. at William Shore Memorial Pool  Tuesday Aug. 23--- 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Wednesday Aug. 24---3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Thursday Aug. 25--- 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Friday Aug 26--- 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Saturday Aug 27--- 9:00 a.m.- 11:00 a.m. at William Shore Memorial Pool  Monday Aug. 29 – 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Tuesday Aug 30 – 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Wednesday Aug 31 – 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Thursday Sept 1 – 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Friday Sept 2 – 3:00 p.m. - 5:00 p.m. at William Shore Memorial Pool  Saturday Sept 3 – 9:00 a.m.- 11:00 a.m. at William Shore Memorial Pool</p>
<p><b>Tennis (PAHS Tennis Courts)</b>  Monday Aug. 22 ---3:00 pm to 5:27 @ PAHS Courts  Tuesday Aug. 23---3:00 pm to 5:27 @ PAHS Courts  Wednesday Aug. 24---3:00 pm to 5:27 @ PAHS Courts  Thursday Aug. 25---3:00 pm to 5:27 @ PAHS Courts  Friday Aug 26---3:00 pm to 5:27 @ PAHS Courts  Saturday Aug 27---9am to 11:00 @ PAHS Courts (TBD)  Monday Aug. 29 – 3:00 pm to 5:27 @ PAHS Courts  Tuesday Aug 30 –3:00 pm to 5:27 @ PAHS Courts  Wednesday Aug 31 –3:00 pm to 5:27 @ PAHS Courts  Thursday Sept 1 –3:00 pm to 5:27 @ PAHS Courts  Friday Sept 2 –3:00 pm to 5:27 @ PAHS Courts</p>	<p><b>Volleyball (PAHS Aux Gym)</b>  Monday Aug. 22 --- 8:00 a.m. – 11:00am.and 1:00 - 4:00 in Aux Gym  Tuesday Aug. 23--- 8:00 a.m. – 11:00am.and 1:00 - 4:00 in Aux Gym  Wednesday Aug. 24---8:00 a.m. – 11:00am.and 1:00 - 4:00 in Aux Gym  Thursday Aug. 25--- 3:30 - 6:30 in Aux Gym  Friday Aug 26--- 3:30 - 6:30 in Aux Gym  Monday Aug. 29 – 3:30 -6:30  Tuesday Aug 30 – 3:30 -6:30  Wednesday Aug 31 – 3:30 -6:30  Thursday Sept 1 – 3:00 -6:00  Friday Sept 2 – 3:00 -6:00</p>
<p><b>PAHS Football Practice Schedule August 2016</b>  Wednesday August 17th: Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Thursday August 18th: Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Friday August 19<sup>th</sup> : Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Saturday August 20<sup>th</sup> : Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Monday August 22nd: Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Tuesday August 23rd: Session 1: 8:30am-10:00; Session 2: 10:30-12:00  Wednesday August 24th: “School Year” practice time: 3:10pm-5:10  Thursday August 25th: Practice 3:10pm-5:10 * Parent Meeting 6:00 Library  Friday August 26th: Practice 3:10pm-5:10  Saturday August 27th: Green/White Scrimmage @ Civic Field, time 12:00  Monday Aug. 29 – 3:30 – 5:30  Tuesday Aug 30 – 3:30 – 5:30  Wednesday Aug 31 – 3:30 – 5:30  Thursday Sept 1 – 3:10 – 5:10 (1<sup>st</sup> Day of School)  Friday Sept 2 – Game @ Home vs Mt. Tahoma</p>	