



# **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	

<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		<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 7:00am-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 4 to 6 Friday Sept 2 – Game	
<b>Soccer (Civic 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		<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	
<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		<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	
<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			

**Updated 6/5/16; 8/5/16, 8/11/16,8/12/16**