



TRY-IT DAY

FAQS

Where should my child start once we arrive?

Head to the check-in table outside the athletic entrance (Door #10). Kids will receive their Try-It Day “passport” and a map. Stations will be located throughout the varsity football field and the varsity gymnasium, so kids can explore different sports at their own pace.

How long will it take to visit all the stations?

We estimate about 30-45 minutes to visit all the stations. Kids can visit stations in any order, and it’s completely okay if they don’t make it to all of them.

What do we do when we’re finished playing?

Stop by the check-in/out table outside Door 10 to grab a goody bag (we have one for everyone!) and if you completed all the stations, claim your prize. Have questions or ready to sign up for a sport your child loved? We’ll also have information on how to keep playing, plus a discount toward fall sport registration opening May 1.

Are there food options onsite?

Ohana Donuts and Kona Ice will be available, along with the varsity football field concessions stand.

What is the mental health zone?

Vendors will tackle the pressures that often push kids away from sports and provide resources that focus on confidence, emotional regulation and healthy relationships with sport.

Flip over for station descriptions. →

TRY-IT DAY STATIONS

Football (Varsity Football Field)

Learn the fundamentals of football by running and defending routes, breaking down key positions, and practicing your throwing skills in fun, fast-paced drills.

Track (Varsity Football Field)

Get moving with sprint races, relays, and fun games like Sharks and Minnows while learning proper warm-up techniques.

Cheer (Varsity Football Field)

Bring the energy with chants, jumps, pom poms, and megaphone practice as you experience the spirit and teamwork of cheer.

Soccer (Varsity Football Field)

Show off your skills in a penalty shootout, improve passing and dribbling, try out the goalie station, and learn proper out-of-bounds throw-ins.

Field Hockey (Varsity Football Field)

Jump start your field hockey journey learning the basics of stick control, dribbling and passing in this exciting, action-packed sport.

Rugby (Varsity Football Field)

Experience the excitement of rugby with a run-and-punt station and partner passing drills that teach teamwork, movement, and ball control.

Lacrosse (Varsity Football Field)

Grab a stick and get moving! Practice passing with teammates and take your shot at scoring goals in engaging skill-based stations.

Basketball (Varsity Gym)

Dribble, shoot, and compete in exciting relays and games like dribbling Red Light, Green Light while building your skills on the court.

Baseball/Softball (Varsity Gym)

Step up to the plate in our hitting rotation, sharpen your glove skills at the catching station, and race around the bases for a complete game-day experience.

Pickleball (Varsity Gym)

Learn the basics of pickleball, including rules, paddle grip, and positioning, then test your accuracy with aiming and volley drills.

Volleyball (Varsity Gym)

Develop your passing and setting skills by aiming into baskets, practice hitting targets, and learn how each position works on the court.

Fall Sport Registration Opens May 1 at myathletics.com

