



# SUMMER PROGRAM FOR MERCY ATHLETICS

## Strength and Conditioning Sessions

All athletes who will be participating in a fall sport should utilize the Strength and Conditioning Sessions in order to be properly prepared for their tryouts/practices.

- 2 available sessions: 3-4pm or 4-5pm
- Meet at the Grassilli Center on the following Mondays and Wednesdays:
  - June 11th, 13th, 18th, 20th, 25th, 27th
  - July 2nd, 9th, 11th, 16th, 18th, 23rd

## Volleyball Open Gym

**Skill Development on the following Tuesday nights, 7-9pm:**

- June 12th, 19th and 26th at Our Lady of Angels Gym in Burlingame
- July 10th and 17th at St. Catherine's Gym in Burlingame

*Volleyball Tryouts will be Aug 7th-11th at Nueva Middle School Gym in Hillsborough. Freshman Tryouts 4-6pm, Returning players: 6:30-8:30pm.*

*Any volleyball player missing tryouts will not be placed on a team.*

## Basketball Open Gym

**Skill Development on the following Monday and Thursday nights, 7-9pm:**

- June 11th, 14th, 18th, 21st, 25th and 28th at Our Lady of Angels Gym in Burlingame
- July 9th, 12th, 16th and 19th at St Catherine's Gym in Burlingame

## Cross Country

**Cardio and Strength Building:**

- *In addition to cross country runners, this is open to all athletes who will be participating in a fall sport.*
- Meet by pond at Mercy 9-11am
- June 19th, 20th, 21st, 26th, 27th, 28th
- July 10th, 11th, 12th, 17th, 18th, 19th

**Saturday runs with the Cross Country Coaches:**

- Meet at Sawyer Camp Trail at the Black Mountain Road entrance on the following Saturdays at 9am:
  - June 16th, 23rd, 30<sup>th</sup>
  - July 7th, 14th, 21st

*Continued...*

# SUMMER PROGRAM FOR MERCY ATHLETICS

*(continued)*

## Lacrosse

### Skill Development

- Meet on the Green (grass area by the Kohl Mansion) on the following Thursdays, 5-6:30pm:
  - June 14th, 21st, 28th
  - July 12th, 19th

## Water Polo

### Skill Development and Conditioning

- Meet at the Mercy Pool on the following Tuesdays and Thursdays, 4-5:30pm:
  - June 12<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 26<sup>th</sup>, 28<sup>th</sup>
  - July 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 19<sup>th</sup>, 23<sup>rd</sup>

## Golf

### Skill Development

- Meet at San Bruno Golf Center on the following Wednesdays, 3-4:30pm:
  - June 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>
  - July 11<sup>th</sup>, 18<sup>th</sup>

## Tryouts and Practices:

- Dance Team Tryout Clinic at Mercy: May 21<sup>st</sup>, 22<sup>nd</sup>-3:30-5pm
- Dance Team Tryouts at Mercy: May 23<sup>rd</sup>-3:30-5pm
- Cheer Tryouts: May 30<sup>th</sup> at Pacific Coast Magic in SSF: 3-5pm

Cross Country, Golf, Tennis and Water Polo will start practice/tryouts on August 14. All athletes who want to play these sports are expected to attend.

- Cross Country will all hold practices at Mercy starting on August 14, 3-5pm
- Tennis will all hold tryouts/practice at Mercy starting on August 14, 3-5pm
- Water Polo will be holding their tryouts/practice at Mercy starting on August 14, 9-11am
- Golf will be holding their practices at San Bruno Golf Center starting on August 14, 3-4:30pm

For any additional information, please contact

Charlie Dougherty

Athletic Director

650-762-1107

[cdougherty@mercyhsb.com](mailto:cdougherty@mercyhsb.com)