

SOTA Interscholastic Sports

Sign up sheets for sports are posted in the locker rooms, gym and around the school. You must have a 2.0 overall grade average, 93% school attendance, and good citizenship to participate. A current physical (within 1 year) is also required and the status of your physical can be checked on with the nurse. Seasonal meetings with Coaches are held with students interested in participating in each season's sports. Please refer to the RCSD Eligibility Policy in the SOTA Handbook for additional information.

Varsity – Grades 11-12

JV – Grades 9-10

Modified – Grades 7-8

Fall Season

Girls Varsity Soccer
Boys Varsity Soccer
Girls Varsity Volleyball
Girls Junior Varsity Volleyball
Boys Varsity Volleyball with NE/NW
Varsity Cross Country
Girls Varsity Tennis

Modified Boys Volleyball
Modified Girls Volleyball
Modified Girls Soccer
Modified Boys Soccer
Girls Varsity Swimming w/East & Monroe
Varsity/JV Football with East High
Modified Football with East High
Cheerleading with East High

Winter Season

Boys Varsity Basketball
Girls Varsity Basketball
Boys JV Basketball
Boys Freshman Basketball with NE/NW
Girls JV Basketball
Varsity Bowling
Modified Boys Basketball

Modified Girls Basketball
Modified Swimming with NE/NW
Modified Wrestling with NE/NW
Indoor Track
Cheerleading
Boys Swimming with East & Monroe
JV/Varsity Wrestling with East

Spring Season

Baseball: Varsity, JV, Modified
Softball: Varsity, JV, Modified
Girls Varsity Track
Boys Varsity Track
Modified Track with NE/NW

Modified Tennis with NE/NW
Boys Varsity Tennis
Varsity Golf with East
Coed Lacrosse (Modified)

*Conditioning and weight training club: October thru May

*Club Activity

Season Dates



Fall Season ★ starts in September
(JV/Varsity start in August)

Winter Season ★ starts in early November

Spring Season ★ starts in early March

Practice schedules are set by each Coach



There will be an Awards Banquet held at the end of the school year. Dinner menu and ticket info is issued by the Coaches.

Team and individual sports photos will be provided by Life Touch Photography during each season.

Check Game Schedules On-Line at

www.schedulestar.com

or

usatodayhss.com

