



Del Norte High School Athletic Department

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SUBJECT: UPDATE FOR EDUCATION-BASED ATHLETICS

The following is a list of start dates per sport for the 2020-21 school year. Competition dates are TBA. All dates are subject to change based on CDPH, State CIF, and CIF San Diego Section guidance.

- [CDPH Youth Sports Guidelines](#) must be followed at all times.
- All athletes must have their [Ticket to Play](#) completed and approved before the date for their sport.
- Outdoor sports camps may begin February 1 regardless of assigned color tier.
- Organized tryouts may not start until the county reaches the assigned color tier for that sport.
- Athletes may only participate on 1 Cohort (team) during the same time or season.

Sport	First Day of Workouts
Swim & Dive	February 1 – Tryouts and practices only, competition dates TBA
Cross Country	February 1 – Tryouts and practices only, competition dates TBA
Golf (Girls)	February 8 – Tryouts and practices only, competition dates TBA
Golf (Boys)	February 15 – Tryouts and practices only, competition dates TBA
Tennis (Girls & Boys)	February 15 – Tryouts and practices only, competition dates TBA
Track & Field	February 15 – Note: Tentative date of March 13 is first day of competition
Field Hockey	February 1 – Practice only if the stay at home order is lifted Tryout date TBA after the county reaches the red tier
Baseball	March 13 – Practice only if the stay at home order is lifted Tryout date TBA after the county reaches the red tier
Lacrosse (Girls)	March 13 – Practice only if the stay at home order is lifted Tryout date TBA after the county reaches the red tier
Softball	March 13 – Practice only if the stay at home order is lifted Tryout date TBA after the county reaches the red tier
Soccer (Girls & Boys)	February 22 – Practice only if the county has moved into the red tier Tryout date TBA after the county reaches the orange tier
Lacrosse (Boys)	March 13 – Practice only if the county has moved into the red tier Tryout date TBA after the county reaches the orange tier
*Volleyball (Boys)	March 13 – Practice only if the county has moved into the red tier Tryout date TBA after the county reaches the orange tier
Water Polo (Girls & Boys)	March 13 – Practice only if the county has moved into the red tier Tryout date TBA after the county reaches the orange tier

Football	TBA – Workouts can start when the county has moved into the red tier Tryout date TBA after the county reaches the orange tier
Gymnastics	TBA – Workouts can start after the county has moved into the red tier
*Volleyball (Girls)	TBA – Workouts can start when the county has moved into the red tier Tryout date TBA after the county reaches the orange tier
*Basketball (Girls & Boys)	March 13 – Practice only if the county has moved into the orange tier Tryout date TBA after the county reaches the yellow tier
*Wrestling	March 13 – Practice only if the county has moved into the orange tier Tryout date TBA after the county reaches the yellow tier
*Competitive Cheerleading	TBA – Workouts can start when county has moved into the orange tier Tryout date TBA after the county reaches the yellow tier

*Indoor sports must also follow the capacity guidelines in [Gym/Fitness Guidance](#) from CDPH (No indoor activities in purple tier, 10% in red tier, 25% in orange tier, 50% in yellow tier).

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