HDMS spring sports tryouts/practices will start the week of March 27 and will follow this schedule:

Baseball - March 27 and 29 tryouts     2:20 pm - 3:50 pm  HDMS gym
                 March 30 and 31 practice 2:20 pm - 3:50 pm  HDMS gym

Softball -  March 27 and 30 tryouts      4:00 pm - 5:30 pm  HDMS gym
                March 31 practice                4:00 pm - 5:30 pm  HDMS gym

Track -      March 29 and 30 practice  2:20 pm - 4:00 pm  HDMS cafeteria

All student athletes need to have a current physical on file in the HDMS health office or ready to hand in a physical before they are allowed to tryout/practice.
All student athletes need to have a current impact test results on file in the health office.  Students will be able to sign-up for a spring sport during their lunch period this week.