

Capstone ATHLETICS

FALL

AUG.-SEPT.

GIRLS' GOLF

JV | 7TH-11TH

AUG.-OCT.

CROSS COUNTRY

BOYS AND GIRLS JH AND JV | 6TH-11TH

AUG.-OCT.

GIRLS' VOLLEYBALL

JH, C-SQUAD AND JV | 7TH-11TH

SEPT.-NOV

WEIGHT LIFTING TRAINING

BOYS AND GIRLS 7TH-11TH

SEPT.-DEC.

ELEMENTARY GIRLS' BASKETBALL

4TH-6TH

OCT.-DEC.

METRO LEAGUE BASKETBALL (NOT A CAPSTONE RUN PROGRAM)

BOYS 4TH-8TH AND GIRLS 4TH-6TH

AUG.-OCT.

BOYS' SOCCER

C-SQUAD, JV AND VARSITY | 7TH-11TH

AUG.-NOV.

GIRLS' SWIMMING

Varsity | 7TH-11TH

AUG.-NOV.

FOOTBALL

JH, C-SQUAD, JV AND VARSITY | 7TH-11TH - 5/6TH FM ATHLETICS

Co-op with Sharley

WINTER

OCT.-FEB.

CHEER TEAM & MASCOT CREW

GIRLS 7TH-11TH (MASCOT CREW - BOYS AND GIRLS 7TH-11TH)

NOV.-FEB.

GIRLS' BASKETBALL

JH AND JV | 7TH-11TH

NOV.-FEB.

BOYS' BASKETBALL

JH, C-SQUAD AND VARSITY | 7TH-11TH

DEC.-FEB.

WEIGHT LIFTING TRAINING

BOYS AND GIRLS 7TH-11TH

JAN.-MARCH

ELEMENTARY BOYS' BASKETBALL

4TH-6TH

JAN.-MARCH

UPWARD BASKETBALL (NOT A CAPSTONE RUN PROGRAM)

BOYS AND GIRLS K-6TH

JAN.-MARCH

ANGELS HOCKEY (NOT A CAPSTONE RUN PROGRAM)

BOYS AND GIRLS 4TH-9TH

NOV.-FEB.

BOYS' HOCKEY

JV/VARSITY | 9TH-11TH

SPRING

MARCH-MAY

TRACK & FIELD

BOYS AND GIRLS JH AND VARSITY | 6TH-11TH

APRIL-MAY

BOYS' GOLF

JV/VARSITY | 7TH-11TH

MARCH-MAY

WEIGHT LIFTING TRAINING

BOYS AND GIRLS 7TH-11TH

MARCH-APRIL

ELEMENTARY GIRLS' VOLLEYBALL

4TH-6TH

APRIL-JUNE

TRI-CITY SOCCER (NOT A CAPSTONE RUN PROGRAM)

BOYS AND GIRLS K-6TH GRADE

MARCH-MAY

GIRLS' SOCCER

C-SQUAD, JV AND VARSITY | 7TH-11TH

MARCH-MAY

BASEBALL

C-SQUAD, JV AND VARSITY | 7TH-11TH

MARCH-MAY

SOFTBALL

JV/VARSITY | 7TH-11TH



CO-OP

CO-OP

CO-OP

Co-op with Sharley

SPORTS AND DATES SUBJECT TO CHANGE