

# **Palmdale PROMISE Interscholastic Sports League**

## **2019-2020 Schedule (8/11/19) - Year at a Glance**

### **Volleyball**

**Coaches Meeting-** Aug. 27 @ DGM room 207 @ 4:30 p.m.

**Tryouts/Preseason Practices** - Sept. 3 - Oct. 21

**Regular Season** - October 22, 24, 29, 31; November 5, 7, 12,

**Championship Tournament** - November 14, 18, 19, 21

### **Basketball**

**Coaches Meeting** - Dec. 17 @ DGM room 207 @ 4:30 p.m.

**Tryouts/Preseason Practice** - Jan. 13 - Jan. 24

**Regular Season** - Feb. 11, 13, 18, 20, 25, 27, March 3

**Championship Tournament** - March 5, 9, 10, 12

### **Soccer**

**Coaches meeting** - March 4 @ SAGE gym @ 4:30 p.m.

**Tryouts/Preseason Practice** - March 9 - March 20

**Regular Season** - March 31, April 2, 7, 9, 14, 16, 21

**Championship Tournament** - April 23, 27, 28, 30

### **Track**

**Coaches Meeting** - April 15 @ DW gym @ 4:30 p.m.

**Preseason Practices** - April 16-May 13

**Preseason Meets** - May 13, 20

**League Finals** - May 27