

MCAL 2018 – 2019 MEETING SCHEDULE

June 7, 2018

2018 Fall Season

	<u>Pre-season All @ MCAL*</u>	<u>Post Season</u>
Football	August 16 6pm	**November 14 @ Terra Linda 6:00 pm
Golf, Girls	August 16 4pm	October 17 @ Drake @ 4pm
Volleyball, Girls	August 16 6pm	*November 5 @ Tamalpais @ 6:00 pm
Cross Country, Boys & Girls	August 16 5pm	November 14 @ MCAL @ 5pm
Waterpolo, Boys & Girls	August 16 6pm	*November 5 @ Novato 6:00
Tennis, Girls	August 16 6pm	**November 14 @ Branson @ 6 pm
Field Hockey	August 16 6pm**	*November 1 st @ Redwood @ 6 pm
*All pre season meetings @ 375 Doherty		* <u>All league nominations due Oct. 22nd</u>
** @ Redwood High School		** <u>All league nominations due Oct. 30th</u>

2019 Winter Season

Wrestling	Oct. 23 6 pm @ MC*	TBD 6 pm @ San Marin
Basketball, Girls & Boys	Oct. 23 6 pm @ MC*	* Sat. Feb. 2 9:30 am @ MCAL
Soccer, Girls & Boys	Oct. 23 6 pm @ MC*	**February 11 6 pm @ Redwood
	*In student center	* <u>All league nominations due Jan 23</u>
		** <u>All league nominations due Jan 28</u>

2019 Spring Season

Tennis, Boys	January 14 @ B @ 6 pm	*May 6 @ B 6 pm
Swimming & Diving	January 14 @ N @ 6pm	May 6 @ N 6 pm
Volleyball, Boys	January 14 @ T @ 6 pm	*May 6 @ T 6 pm
Softball	January 14 @ SM @ 6pm	*May 4 @ SM 9:30 am
Track & Field, Boys & Girls	January 14 @ MCAL** @ 5pm	**May 6 @ MCAL 5pm
Golf, Boys	January 14 @ D @ 4pm	May 2 @ D 4pm
Baseball	January 14 @ TL @ 6 pm	*May 4 @ TL 9:30am
Lacrosse B & G	January 14 @ MC @ 6 pm	*May6 @ MC 6 pm
	**Corp Yard	* <u>All league nominations due April 22nd</u>

4) Coaches Education—all classes are held at Marin Catholic in the library and starts @ 8am

Fall	1. Coaching Principles	Saturday August 11
	2. CPR & Sports 1 st Aid	Sunday August 12
Winter	1. Coaching Principles	Saturday October 27
	2. CPR & Sports 1 st Aid	Sunday October 28
Spring	1. Coaching Principles	Saturday January 26
	2. CPR & Sports 1 st Aid	Sunday January 27

Pre-registration is required for Saturday
to register go to mcalsport.org

Walk-ins welcome Sunday