

# MCAL 2016 – 2017 MEETING SCHEDULE

June 28, 2016

## 2016 Fall Season

	<u>Pre-season All @ MCAL</u>	<u>Post Season</u>
Football	August 18 7pm	November 14 @ Terra Linda 6:00 pm
Golf, Girls	August 18 5pm	October 19 @ Drake 4pm
Volleyball, Girls	August 18 7pm	*November 14 @ Branson 6:00 pm
Cross Country, Boys & Girls	August 18 7pm	November 14 @ MCAL @ 5pm
Waterpolo, Boys & Girls	August 18 7 pm	*November 14 @ San Rafael @ 6:00
Tennis, Girls	August 18 7pm	*November 14 @ Tamalpais 6 pm

• **All league nominations due Oct. 31<sup>st</sup>.**

## 2017 Winter Season

Wrestling	Oct. 26 6 pm @ MC*	March 6 6 pm @ San Marin
Basketball, Girls & Boys	Oct. 26 6 pm @ MC*	** Sat. Feb. 11 9:30 am @ MCAL
Soccer, Girls & Boys	Oct. 26 6 pm @ MC*	**February 13 6 pm @ Redwood
	*In student center	** <b><u>All league nominations due Jan 30</u></b>

## 2017 Spring Season

Tennis, Boys	January 23@ Tam @ 6 pm	*May15@ T 6 pm
Swimming & Diving	January 23@ TL @ 6pm	May 15 @ 6 pm
Volleyball, Boys	January 23@ B @ 6 pm	*May15@ B 6 pm
Softball	January 23@ SM @ 6pm	*May 13@ MCAL 9:30 am
Track & Field, Boys & Girls	January 23@ MCAL @ 4pm	May 15@ MCAL 5pm
Golf, Boys	January 23 @ D @ 4pm	May 4 @ D 4pm
Baseball	January 23 @ TL @ 6 pm	*May 13@MCAL 9:30 am
Lacrosse B & G	January 23 @ MC @ 6 pm	*May 15 @ MC 6 pm

\* **All league nominations due May 1**

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

Fall	1. Coaching Principles	Saturday August 13
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday August 14
Winter	1. Coaching Principles	Saturday November 5
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday November 6
Spring	1. Coaching Principles	Saturday February 4
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday February 5

***Pre-registration is required for Saturday***  
to register go to [mcalsport.org](http://mcalsport.org)

***Walk-ins welcome Sunday***