

# MCAL 2019 – 2020 MEETING SCHEDULE

May 16, 2019

## 2019 Fall Season

	<u>Pre-season</u>	<u>Post Season</u>
Football	August 15 @ Terra Linda @ 6 pm	***November 12 @Terra Linda @ 6:00 pm
Golf, Girls	August 15 @ Drake @ 4pm	October 17 @ Drake @ 4pm
Volleyball, Girls	August 15 @ Tamalpais @ 6 pm	**November 4 @ Tamalpais @ 6:00 pm
Cross Country, Boys & Girls	August 15 @ MCAL* @ 5pm	November 18 @ MCAL* @ 5pm
Waterpolo, Boys & Girls	August 15 @ Novato 6pm	**November 4 @ Novato 6pm
Tennis, Girls	August 15 @ Branson @ 6 pm	**November 7 @ Branson @ 6 pm
Field Hockey	August 15 @ Redwood @ 6 pm	*October 28 @ Redwood @ 6 pm
	*Corp Yard	<b>*All league nominations due Oct. 21<sup>st</sup></b>
		<b>**All league nominations due Oct. 24<sup>th</sup></b>
		<b>***All league nominations due Nov. 4<sup>th</sup></b>

## 2020 Winter Season

Wrestling	Oct. 22 @ San Marin @ 6 pm	March 3 <sup>rd</sup> 6 pm @ San Marin
Basketball, Girls & Boys	Oct. 22 @ MC* @ 6 pm	* Sat. Feb. 8 9:30 am or 6 pm @ MC
Soccer, Girls & Boys	Oct. 22 @ MC* @ 6 pm	*February 10 @6 pm @ Redwood
	*In student center	<b>*All league nominations due Jan 29<sup>th</sup></b>

## 2020 Spring Season

Tennis, Boys	January 27 @ Branson @ 6 pm	*May 11 @ Branson @ 5:30 pm
Swimming & Diving	January 27 @ Novato 6pm	May 11 @ Novato @ 5:30pm
Volleyball, Boys	January 27 @ Tamalpais @ 6 pm	*May 11@ Tamalpais @ 5:30pm
Softball	January 27 @ San Marin @ 6 pm	*May 9 @ SM 9:30 am
Track & Field, Boys & Girls	January 27 @ MCAL** @ 5pm	May 11 @ MCAL** 5pm
Golf, Boys	January 27 @ Drake @ 4pm	April 30 @ Drake @ 4pm
Baseball	January 27 @ @ Terra Linda @6 pm	*May 9 @ TL 9:30 am
Lacrosse B & G	January 27 @ MC @ 6 pm	*May11 @ MC @ 5:30pm
	**Corp Yard	<b>* All league nominations due April 27<sup>th</sup></b>

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

Fall	1. Coaching Principles	Saturday	August 10	<b>Pre-registration is required for Saturday</b> to register go to <a href="http://mcalsport.org">mcalsport.org</a>
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday	August 11	
Winter	1. Coaching Principles	Saturday	November 2	<b>Walk-ins welcome Sunday</b>
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday	November 3	
Spring	1. Coaching Principles	Saturday	February 8	
	2. CPR & Sports 1 <sup>st</sup> Aid	Sunday	February 9	