

2026 Friendswood High School August pre-season Schedule-All Teams

Saturday-August 1, 2026-

7:15am Tryout registration
8am Conditioning test
8:30-11am All grades tryout
11:15-12:30pm Senior lunch
1:30-3:30 All grades tryout
3:30pm individual meetings
5:30pm Teams posted

This is a tentative schedule. All schedules and calendars are subject to change due to released teacher training dates. Thanks for your understanding and flexibility.

Monday-August 3, 2026-

10:00am All teams meetings/equipment
12:00pm all team pictures
2:00-3:00pm All teams weights
3:00-5:00pm All teams practice

Tuesday-August 4, 2026-

8:15-8:45am conditioning test-make up (if needed-Silveira)
9am-11am Freshman practice
11am-1pm Varsity/JV practice
3-5pm All teams practice

Wednesday-August 5, 2026-

7:30am Make up conditioning (if needed-Pleasants)
9-10am **All teams weights**
10am-12pm All teams practice
1:00pm All teams program bonding
6:15pm Mandatory Parents meeting-Competition gym. All girls and at least one parent must attend.

Thursday-August 6, 2026-

8:30am Make up conditioning (if needed-Rodriguez)
2:00-3pm Fundraiser hour-ALL GIRLS ATTEND
3:30-5:30pm All teams practice

Friday-August 7, 2026-

Scrimmage: All teams Friendswood HS

Saturday-August 8, 2026-

Scrimmage: All teams at Pearland HS- Bus leaves 7:20am

Monday- August 10, 2026-inservice starts

3:00-5:00pm All teams practice

Tuesday-August 11, 2026

Home game vs Dickinson

4:30pm Fr, 5:30pm JV, 6:30pm Varsity

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Wednesday-August 12, 2026

3:00-5:00pm All teams practice

5-6pm All teams weights

Thursday-August 13, 2026-

PNG Tourney -Varsity TBA

JV/Freshmen practice TBD (depends on varsity playing schedule)

Friday-August 14 2026-

PNG Tourney -Varsity TBA

JV/Freshmen practice TBD (depends on varsity playing schedule)

Saturday-August 15, 2026

PNG Tourney -Varsity TBA

6-8pm Meet the Mustangs- all teams attend

Monday-August 17, 2026-

3:00-5:00pm All teams practice

Tuesday-August 18, 2026-First day of school

Home game vs Laporte

4:30pm Fr, 5:30pm JV, 6:30pm Varsity

Wednesday-August 19, 2026

7:00am-9:00am Freshmen practice

3:00pm-4pm Varsity/JV Practice

4-5pm All teams weights

Thursday August 20, 2026

Fulshear Tourney Varsity TBA

JV CE King varsity tourney-TBA

Freshmen practice TBD (depends on varsity playing schedule)

Friday-August 21, 2026

Home game vs Clear Falls

4:30pm Fr, 5:30pm JV, 6:30pm Varsity

Saturday August 22, 2026

Fulshear Tourney Varsity TBA

JV CE King varsity tourney-TBA

Monday-August 24, 2026

7:15-9am Freshman practice

3:00-5:00pm JV/Varsity Practice

Tuesday-August 25, 2026

Away game vs South Houston

4:30 Fr, 5:30 JV, 6:30pm Varsity

Wednesday- August 26, 2026

8am-9:15am Freshmen practice

3:00pm-4pm JV/Varsity practice

4-5pm All teams weights

Thursday August 27, 2026

JV Dobie varsity tourney-TBA

7:15-9am Freshman practice

3:00-5:00pm Varsity Practice

Friday-August 28, 2026

Home game vs FB Austin

4:30pm Fr, 5:30pm JV, 6:30pm Varsity

Saturday August 29, 2026

JV Dobie varsity tourney-TBA

Monday August 31, 2026

7:15-9am Freshman practice

3:00-5:00pm JV/Varsity Practice

Tuesday September 1, 2026-

Away game vs Santa Fe

4:30 Fr, 5:30 JV, 6:30pm Varsity

Wednesday September 2, 2026-

8am-9:15am Freshmen practice
3pm Varsity leaves for Orlando
4-5pm Freshman/JV weights

Thursday-Saturday September 3-5, 2026

Varsity-Orlando TBA

Normal practice times for all teams during the school year:

Freshmen team:

Monday-7:15am-9am (must arrive no later than 7 to set nets up)
Tuesday (game day)-during 1st period arrive to school at 8:30am for study hall
Wednesday- 8am-9am-practice 4-5pm weights
Thursday-7:15am-9am (must arrive no later than 7 to set nets up)
Friday (game day)- during 1st period arrive to school at 8:30am for study hall
Saturdays -weights 9:00-10:00am-start August 29th

JV/Varsity teams:

Monday-3:15pm-5:15pm
Tuesday-game day
Wednesday-practice during the period, weights 4-5pm
Thursday-3:15pm-5:15pm
Friday-game day
Saturdays -weights 9:00-10:00am-start August 29th

*We will practice/play on Inservice days/Holidays throughout the season, so please plan accordingly.

September 7th - labor day- VARSITY OFF Freshman/JV 4-5:30pm practice
September 21st-inservice-all teams practice 3-5pm (freshmen- aux gym)
October 15 - PSAT all teams practice- 3-5pm
October 16- Fall Break-all teams district game vs Ball at home
October 19 - Fall Break-all teams practice- 3:30-5pm
October 20- Fall Break-all teams district game at Angleton

**We will have weights October 7th and be off of practice October 8th and 9th

Conditioning Testing at Track on Day 1

10-20-30-40-50-60-70-80-90-100 yds sprints

-sprint 10 yards and back, then 20 yards and back all the way to 100 yards.

-times for each distance below

10-6.5 seconds

20-10 s

30-14 s

40-18 s

50-24 s

60-28 s

70-34 s

80-38 s

90- 42 s

100- 48 s

Must make it before you can play