

Weekly Practice Schedule						
	Jan 16-21					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023	1/21/2023
Boys BB V, JV	Practice Noon-2PM Main Gym	HOME v. Shey. JV 5PM Gym 2 V 7:30 Main Gym	Practice Gym 2 3PM-4:30 PM	Practice Main Gym 6-8PM	Practice Main Gym 6-8PM	
Boys BB C	Practice Main Gym 4:30-6:30 PM	Practice Gym 2 7:30-9PM	Practice Gym 2 4:30-6PM	Practice Gym 2 6-8PM	OFF	
Boys BB 9th G	HOME v. C. Cass 6:30 PM Gym 2	HOME v. WF 6:15 Gym 2	Practice Gym 2 4:30-6PM	Practice Gym 2 6-8PM	OFF	
Girls BB V, JV	Practice 10AM-Noon Main Gym	HOME v. Shey. JV 4:15/V 5:45	Practice Main Gym 3PM-4:30	Practice Main Gym 4-6PM	Practice Main Gym 4-6PM	
Girls BB C	HOME v. Shey. 7:30 Main Gym	OFF	Practice Main Gym 4:30-6PM	Practice Gym 2 4:30-6PM	Practice Gym 2 4:30-6PM	
Girls BB 9th G	HOME v. C. Cass 5:30 PM Gym 2	OFF	Practice Main Gym 4:30-6PM	Practice Gym 2 4:30-6PM	Practice Gym 2 4:30-6PM	
JH BOYS BBB	OFF	7B @ Heritage 8Practice 3:30-4:30 Gym 2 7A Practice 3:30-4:30 Gym 2	OFF	7A @ Cheney 8 Practice 3:30-4:30 gym 2 7B Practice 3:30-4:30 Gym 2	7B HOME v. Disc 5PM 8 HOME v. BF 6PM 7A Practice 3:30-4:30	
Boys Swim	Practice TBA	HOME v. Davies	Practice TBA	AWAY v. Jmst 3:30 PM	Practice TBA	
Boys Hockey	Practice TBA	AWAY v GFC 7:30	Practice TBA	HOME v. WF 7:30	Practice TBA	
Girls Hockey	Practice TBA	HOME v Jmst 7:30	Practice TBA	HOME v. South/North 5:15	Practice TBA	
Open Gyms						
Dismissal/ Departure						

NOTE: Practice times are subject to change. Coaches are responsible to notify players of any changes to this practice schedule.