

| Weekly Practice Schedule    |  |                                   |              |   |   |  |
|-----------------------------|--|-----------------------------------|--------------|---|---|--|
|                             |  |                                   | Jan 30-Feb 4 |   |   |  |
|                             | Monday   | Tuesday                           | Wednesday    | Thursday  | Friday  | Saturday   |
|                             | 1/30/2023  | 1/31/2023                         | 2/1/2023     | 2/2/2023  | 2/3/2023  | 2/4/2023   |
| <b>Boys BB V, JV</b>        | Practice Main Gym 5:15-6:45 PM   | HOME v. DLHS<br>JV: 5:45, V: 7:15 | Practice TBA | Practice Main Gym 6-8PM                                   | AWAY v. Wahp<br>JV: 5:45, V: 7:15                                     |  |
| <b>Boys BB C</b>            | Practice Main Gym 6:45-8:15 PM   | HOME v. DLHS 4:15                 | Practice TBA | Practice Gym 2 6-8PM                                      | AWAY v. Wahp 4:15   |  |
| <b>Boys BB 9th G</b>        | Practice Main Gym 6:45-8:15 PM   | HOME v. Wahp 6:30 PM Gym 2        | Practice TBA | AWAY v. Red River @5:30 PM                                | Practice 4:30-6PM gym 2   | HOME v. MHD Gym 2 11AM                                   |
| <b>Girls BB V, JV</b>       | Practice Main Gym 3:45-5:15  | AWAY v. DLHS<br>JV: 5:45, V 7:15  | Practice TBA | Practice Main Gym 4-6PM                                   | HOME v. Wahp<br>JV: 4:30, V 6:00 PM                                   | JV: AWAY NDSCLS v. Wyndmere/Lidgerwood/Hank. 11:30 AM    |
| <b>Girls BB C</b>           | Practice Main Gym 3:45-5:15  | AWAY v. DLHS 4:15                 | Practice TBA | Practice Gym 2 4:30-6PM                                   | OFF   | HOME (C2 hybrid of JV and c) v. Grafton JV NOON MAIN GYM |
| <b>Girls BB 9th G</b>       | HOME v. VC 7PM Gym 2   | Practice Gym 2 4:30-6PM           | Practice TBA | HOME v. WF 6:00 gym 2                                     | HOME v. MHD 6:30 PM   | HOME v. Grafton C 10:30 AM Main Gym                      |
| <b>JH BOYS BBB</b>          | 7A H v Hor. 5PM Gym 2<br>8 H v. Hert. 6PM Gym 2<br>7B Practice Gym 2 3:30-4:30 | Practice gym 2 3:30-4:30          | OFF          | 7B AT. Hert. 4PM Gym 1<br>Practice 7A & 8 Gym 2 3:30-4:30 | 7B Practice Gym 2 3:30-4:30<br>8AWAY @ CBE 4PM<br>7A AWAY @ Hert. 4PM |  |
| <b>Boys Swim</b>            | Practice TBA   | AT Fargo North                    | Practice TBA | Practice TBA  | Bismarck Invite   | Bismarck Invite  |
| <b>Boys Hockey</b>          | Practice TBA   | HOME v. Shey 5:15/7:30            | Practice TBA | Practice TBA  | AWAY v. North 5:15/7:30   |  |
| <b>Girls Hockey</b>         | Practice TBA   | HOME v. WF 7:30                   | Practice TBA | Practice TBA  | Practice TBA  |  |
| <b>Open Gyms</b>            |  |                                   |              |   |   |  |
| <b>Dismissal/ Departure</b> |  | GBB Bus 12:30 Dismiss 12:15       |              | BBB Bus 3:45 Dismiss 3:15                                 | BBB Bus 2:15 Dismiss 2:00   |  |

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