

| | | Weekly Practice Schedule | | | | |
|--------------------------------------|--|---|---------------------------------------|---|---------------------------------------|--|
| | | Sept. 11-16 | | | | |
| | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 9/11/2023 | 9/12/2023 | 9/13/2023 | 9/14/2023 | 9/15/2023 | 9/16/2023 |
| Varsity/JV Football | Practice Field 4-6PM JV: AT NORTH 7PM | Practice Field 4-6 PM | Practice Field 4-6 PM | Practic Field 4-6 PM | HOME: Shey. 7PM | |
| Freshmen Football | AWAY v. North 5PM | Practice Field 4-6 PM | Practice Field 4-6 PM | Practic Field 4-6 PM | Practice Field 4-6 PM | |
| Varsity/JV G Golf | V: Practice FCC 3:45-5:45PM JV Osgood 3:45-5:30 | FS Invite Rose Creek 9AM JV Prairiewood 9AM | Homework Wed 2:45 JV/C Wahp 10AM | V: Practice FCC 3:45-5:45PM JV OFF | V: Bois de Sioux NO JV/C | V: Boise de Sioux 9AM |
| Varsity/JV Cross Country | Andrew Nelson Meet 4PM | 4-6 Lindenwood | 4-5:30 Shanley | 4-6 Shanley | 4-6 Shanley | XC: AT Bismarck |
| Varsity/JV Soccer | Practice 2-4PM | HOME: Sheyenne 5/7PM | Sid Cichy 4-6PM | HOME v. South 5/7PM | Sid Cichy 4-6PM | HOME: GFC NOON/2PM |
| Varsity/JV B Tennis | V: Island Pk 4-6 JV: Kennedy 4-6PM | AWAY VC 4PM | V: Island Pk 4-6 JV: Kennedy 4-6PM | HOME v. NORTH 4PM JV AT Kennedy 4PM | V: Island Pk 4-6 JV: Kennedy 4-6PM | |
| Varsity Girls Swim & Dive | 6-8:30 PM Lifeguard Aliya | Horace Dual, Hulbert Aquatic Center 4:30 Warm up | 5:30-7 AM Lifeguard Drew | 5:30-7 AM Lifeguard Drew | 5:30-7 AM Lifeguard Drew | Border Battle Hulbert Aquatic Center 8:30 Warm up |
| Varsity/JV Volleyball | Main Gym 4-6 PM | AWAY v. Davies 5:45/7PM | Main Gym 4-6 PM | AWAY v. Horace 5:45 7PM | Main Gym 4-6PM | |
| C/9th Grade Volleyball | Gym 2 4:30-6:30 | C: AWAY Davies 4:30 9: AWAY Davies 5:30 | Gym 2 4-6 PM | C: AWAY v. Horace 4:30 9th Practice Main Gym 4-6PM | Gym 2 4:30-6:30 PM | |
| MS Volleyball | OFF | Practice Gym 2 3:30-4:30 | | Practice Gym 2 3:30-4:30 | Practice Gym 2 3:30-4:30 | |
| Open Gyms | | | | | | |
| Special Events | | | | | | |
| Dismissal/ Departure | | Tennis Bus 2PM, Dismissal 1:45 | Golf Bus 8AM People Mover | | | XC Bus TBA |

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