

		Weekly Practice Schedule				
		Sept 18-23				
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023	9/23/2023
Varsity/JV Football	Practice Field 4-6PM JV: Bis Cent. AT CC 5PM	Practice Field 4-6 PM	Practice Field 4-6 PM	Practic Field 4-6 PM	At Cent. Community Bowl 6:30	
Freshmen Football	Practice Field 4-6 PM	Practice Field 4-6 PM	Practice Field 4-6 PM	Practic Field 4-6 PM	v. Century AT Legace 3	
Varsity/JV G Golf	Shanley Invite FCC 9AM	Practice 3:45-5:45PM JV Osgood 3:45-5:30	WF Invite Maple River 9AM JV Cottonwood 9AM	V: Practice FCC 3:45-5:45PM JV OFF	OFF	
Varsity/JV Cross Country	4-5:30 Shanley	4-6 Lindenwood	4-5:30 Shanley	4-6 Shanley	4-6 Shanley	
Varsity/JV Soccer	Practice Field 4PM-6PM	AWAY GFC 5/7PM	Practice Field 4-6 PM	Practic Field 4-6 PM	AT WF 5/7PM	
Varsity/JV B Tennis	V: Island Pk 4-6 JV: Kennedy 4-6PM	AWAY Wahp 4PM	V: Island Pk 4-6 JV: Kennedy 4-6PM	AT GFC 3:30	V: Island Pk 4-6 JV: Kennedy 4-6PM	
Varsity Girls Swim & Dive	6-8:30 PM Lifeguard Aliya	6-8:30 PM Lifeguard Aliya	5:30-7 AM Lifeguard Drew	WF Sheyenne Dual 4:30	5:30-7 AM Lifeguard Drew	
Varsity/JV Volleyball	Main Gym 4-6 PM	HOME v. SOUTH JV 5:45/V 7PM	Main Gym 4-6 PM	AWAY VC JV 5:45/V 7PM	Main Gym 4-6PM	
C/9th Grade Volleyball	Gym 2 4:30-6:30	HOME v. South C: 4:30 9 6PM Gym 2	Gym 2 4-6 PM	AWAY VC C 4:30/ 9 4:30	Gym 2 4:30-6:30 PM	
Open Gyms	GBB/Deacon Fms Gym 2 6:30-8:30, Main Gy7:30-8:30		Deacon Flames Main Gym 7:30-8:30			
Special Events						
Dismissal/ Departure		Tennis Bus 2PM, Dismissal 1:45 Boys Soccer Bus 2:45 Dismissal 2:15		Tennis Bus 1:30 Dismis 1:15 Volleyball Bus 2:30, Dismissal 2PM	FB Bus TBA	

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