

Weekly Practice Schedule						
September 14th through 18th						
Virtue of the Week: Assertiveness						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/14/20	9/15/20	9/16/20	9/17/20	9/18/20	9/19/20
Varsity/JV B Soccer	Practice Field 4:00 - 6:00	WEST FARGO (H) 5:00 and 7:00	Practice Field 4:00 - 6:00	Grand Forks Central (A) 5:00 and 7:00	Sid Cichy 4:00 - 6:00	
Varsity/JV Football	V: Practice Field 4:00 - 5:00 JV: SHEYENNE (H) 7:00	Practice Field 4:00 - 6:15	Sid Cichy 4:00 - 6:00	Sid Cichy 4:00 - 5:45	Sheyenne (A) 7:00	
Freshmen Football	SHEYENNE (H) 5:00	Practice Field 4:00 - 6:15	Sid Cichy 4:00 - 6:00	Sid Cichy 4:00 - 5:45	Sheyenne (A) 7:00	
Varsity/JV G Golf	V: Village Green (A) 9:00am JV: Osgood (A) 9:00am	FCC 4:00 - 6:00	Team Study 2:45 - 4:30	FCC 4:00 - 6:00	FCC 4:00 - 5:30	
Varsity/JV Cross Country	Lindenwood 4:00 - 6:00	Shanley 4:00 - 6:00	Lindenwood 4:00 - 6:00	Oak Grove 4:00 - 6:00	Lindenwood 4:00 - 5:30	Valley City (A) 3:00pm
Varsity/JV B Tennis	V: IP 4:00 - 6:00 JVA: Sheyenne (A) 4:00 JVB: Kennedy 4:00 - 5:00	V: WAHPETON (H) 4:00 JVA: no practice JVB: WAHPETON (H) 4:00	V: IP 4:00 - 6:00 JVA: Kennedy 5:00 - 6:00 JVB: Kennedy 4:00 - 5:00	V: West Fargo (A) 4:00 JVA: Kennedy 4:00 - 5:00 JVB: West Fargo (A) 4:00	V: IP 4:00 - 6:00 JVA: Kennedy 5:00 - 6:00 JVB: Kennedy 4:00 - 5:00	
Varsity Girls Swim & Dive	Practice 6:15 - 8:30	Practice 6:15 - 8:30	Practice 5:30am - 7:00am	Practice 6:15 - 8:30	Practice 6:15 - 8:30	Hulbert (A) TBD
Varsity/JV Volleyball	Gym 1 4:30 - 6:30	West Fargo (A) 5:45 and 7:00	Gym 1 - 6:00 4:00	Fargo North (A) 5:45 and 7:00	Gym 1 4:30 - 6:30	
C/9th Grade Volleyball	Gym 2 5:00 - 6:30	C: West Fargo (A) 4:30 9: WEST FARGO (H) 5:00	Gym 2 4:00 - 6:00	C: Fargo North (A) 4:30 9: FARGO NORTH (H) 5:00	Gym 2 5:00 - 6:30	
Cheer	Practice 3:50 - 5:15	no practice	Poster Day 3:00 - 4:00	Practice 3:50 - 5:15	Sheyenne (A) 7:00	
7th and 8th Football	Practice Field 4:00 - 6:00	Practice Field 4:00 - 6:00	no practice	Practice Field 4:00 - 6:00	Practice Field 4:00 - 6:00	
7th and 8th Volleyball	7th: Gym 2 3:45 - 5:00 8th: no practice	7th: no practice Gym 1 3:45 - 5:00	8th: no practice	Gym 1 3:45 - 5:00	Gym 2 3:45 - 5:00	
Special Events	GBB: Open Gym 7:00			BBB: Open Gym 7:00		
Dismissal/Departure	G Golf: all day	C Vball: dismiss 3:00 Btennis: dismiss 8th hour		Bsoccer: 2:15/2:30 C Vball: dismiss 3:00 Btennis: dismiss 8th hour		XC: depart 9:45am

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