

Weekly Practice Schedule						
September 28th through October 2nd						
Virtue of the Week: Integrity						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/28/20	9/29/20	9/30/20	10/1/20	10/2/20	10/3/20
<b>Varsity/JV B Soccer</b>	Sid Cichy 4:00 - 6:00	GF Red River (A) 5:00 and 7:00	Sid Cicy 4:00 - 6:0	Practice Field 4:00 - 6:00	JV Tournament @ Fargo South	JV Tournament @ Fargo South
<b>Varsity/JV Football</b>	no practice	no practice	no practice	Sid Sichy 4:00 - 6:15	Sid Sichy 4:00 - 6:00	GF RED RIVER (H) 12:00pm
<b>Freshmen Football</b>	no practice	no practice	no practice	Sid Sichy 4:00 - 6:15	Sid Sichy 4:00 - 6:00	GF RED RIVER (H) 12:00pm
<b>Varsity/JV G Golf</b>	EDC @ GF 10:00am	FCC 4:00 - 6:00	Team Meeting 2:45 - 4:30	FCC 4:00 - 6:00	FCC 4:00 - 5:15	
<b>Varsity/JV Cross Country</b>	Lindenwood 4:00 - 6:00	no practice	Shanley 4:00 - 6:00	Lindenwood 4:00 - 6:00	Oak Grove 3:45 - 5:15	Grand Forks (A) 5:00
<b>Varsity/JV B Tennis</b>	Island Park 4:00 - 6:00	Island Park 4:00 - 6:00	Island Park 4:00 - 6:00	EDC @ Fargo	EDC @ Fargo	EDC @ Fargo
<b>Varsity Girls Swim &amp; Dive</b>	Practice 6:15 - 8:30	Practice 6:15 - 8:30	Practice 5:30am - 7:00am	Practice 4:00 - 6:30	Practice 5:30am - 7:00am	Hulbert (A) TBD
<b>Varsity/JV Volleyball</b>	Gym 1 4:30 - 6:30	VALLEY CITY (H) 5:45 and 7:00	Gym 1 4:00 - 6:00	Sheyenne (A) 5:45 and 7:00	Gym 1 4:30 - 6:30	
<b>C/9th Grade Volleyball</b>	C: Gym 2 5:00 - 7:00 9A: Central Cass (A) 6:00	C: VALLEY CITY (H) 4:30 9A: Valley City (A) 6:30	Gym 2 4:00 - 6:00	C: Sheyenne (A) 4:30 9A: SHEYENNE (H) 5:00	Gym 2 4:00 - 6:00	
<b>Cheer</b>	Practice 3:50 - 5:15	no practice	Poster Day 3:00 - 4:00	TBD	TBD	GF RED RIVER (H) 12:00pm
<b>7th and 8th Football</b>	Practice Field 4:00 - 6:00	NORTHERN CASS (H) 6:00	no practice	Practice Field 4:00 - 6:00	no practice	
<b>7th and 8th Volleyball</b>	Gym 2 3:45 - 5:00	no practice	no practice	Gym 1 3:45 - 5:00	no practice	
<b>Special Events</b>	GBB: Open Gym 7:00	Conferences	Conferences	BBB: Open Gym 7:00	No School	
<b>Dismissal/ Departure</b>	G Golf: all day 9A VB: depart 4:45	9A VB: depart 4:30 B Soccer: 2:15/2:30		B Tennis: all day C Volleyball: 8th hour	B Tennis: all day JV B Soccer: TBD	XC: depart 2:15

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