

Weekly Practice Schedule						
October 19th through October 23rd						
Virtue of the Week: Toughness						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10/19/20	10/20/20	10/21/20	10/22/20	10/23/20	10/24/20
Varsity/JV Football	no practice	no practice	no practice	Sid Cichy 4:00 - 5:45	Sid Cichy 4:00 - 5:45	
Freshmen Football	JV: NORTH (H) 5:00 9: GF Red River (A) 4:30	no practice	no practice	Sid Cichy 4:00 - 5:45	Sid Cichy 4:00 - 5:45	
Varsity/JV Cross Country	Shanley 4:00 - 6:00	Island Park 4:00 - 6:00	Oak Grove 4:00 - 6:00	Oak Grove 4:00 - 6:00	Lindenwood 4:00 - 5:15	State @ Jamestown
Varsity Girls Swim & Dive	Practice 6:15 - 8:30	Fargo South (A) 5:30	Practice 5:30am - 7:00am	Practice 3:00 - 5:30	Practice 3:00 - 5:30	
Varsity/JV Volleyball	V: FARGO NORTH (H) 7:00 JV: OAK GROVE (H) 5:45	Gym 2 4:00 - 6:00	V: FARGO SOUTH (H) 7:00 JV: FARGO SOUTH (H) 5:45	TBD	TBD	V: DEVILS LAKE (H) 2:30 JV: DEVILS LAKE (H) 1:15
C/9th Grade Volleyball	C: OAK GROVE (H) 4:30 9A: Fargo South (A) 5:30	C: Gym 1 3:45 - 5:00 9: HORACE (H) 5:45 9: CENTRAL CASS (H) 7:00	Gym 2 4:00 - 6:00	TBD	TBD	C: DEVILS LAKE (H) 12:00
Cheer	Team Bonding 3:50 - 5:15	Practice 3:50 - 5:15	Poster Day 3:00 - 4:00	no practice	no practice	
Special Events	Debate Meeting: 3:45 Auditorium	Golf Banquet				
Dismissal/ Departure	9 Fball: dismiss 2:00/depart 2:15					Cross Country: depart 11:00am

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