

Weekly Practice Schedule						
October 5th through October 9th						
Virtue of the Week: Communication						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10/5/20	10/6/20	10/7/20	10/8/20	10/9/20	10/10/20
Varsity/JV Football	Sid Cichy 4:00 - 6:00	Sid Cichy 4:00 - 6:15	Sid Cichy 4:00 - 6:00	Sid Cichy 4:00 - 5:45	WEST FARGO (H) 7:00	
Freshmen Football	9: West Fargo (A) 5:00 JV: West Fargo (A) 7:00	Sid Cichy 4:00 - 6:15	Sid Cichy 4:00 - 6:00	Sid Cichy 4:00 - 5:45	WEST FARGO (H) 7:00	
Varsity/JV G Golf	ND State Meet @ Minot	ND State Meet @ Minot	no practice	no practice	no practice	
Varsity/JV Cross Country	Shanley 4:00 - 6:00	Lindenwood 4:00 - 6:00	Oak Grove 4:00 - 6:00	Lindenwood 4:00 - 5:30	Lindenwood 4:00 - 5:30	EDC @ GF 1:00
Varsity/JV B Tennis	Island Park 4:00 - 6:00	Island Park 4:00 - 6:00	Island Park 4:00 - 6:00	ND State Meet @ GF	ND State Meet @ GF	ND State Meet @ GF
Varsity Girls Swim & Dive	Practice 6:15 - 8:30	Practice 6:15 - 8:30	Practice 5:30am - 7:00am	West Fargo - Hulbert (A) 6:00	Practice 4:00 - 6:30	
Varsity/JV Volleyball	Fargo North (A) 5:45 and 7:00	GF Red River (A) 5:45 and 7:00	Gym 1 4:00 - 6:00	WAHPETON (H) 5:45 and 7:00	Scheels Invite (A)	Scheels Invite (A)
C/9th Grade Volleyball	Gym 2 4:00 - 6:00	C: Red River (A) 4:30 9: RED RIVER (H) 5:00	Gym 2 4:00 - 6:00	C: WAHPETON (H) 4:30 9: Wahpeton (A) 5:30	Gym 2 4:00 - 6:00	
Cheer	Practice 3:50 - 5:15	no practice	Poster Day 3:00 - 4:00	Team Bonding 3:50 - 5:15	WEST FARGO (H) 7:00	
7th and 8th Football	Practice 4:00 - 6:00	Practice 4:00 - 6:00	no practice	Intrasquad Scrimmage 6:00	no practice	
7th and 8th Volleyball	7: OAK GROVE (H) 4:30 8: OAK GROVE (H) 5:30	no practice	no practice	no practice	no practice	
Special Events		GBB: Gym 1 7:00 - 8:00 BBB: Gym 2 7:00 - 8:00				
Dismissal/ Departure	G Golf: all day	G Golf: all day C, JV, V VB: 2:15/2:30		9A VB: depart 3:45 V Tennis: all day	V Tennis: all day	XC: depart 10:15am

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