

Weekly Practice Schedule						
Sept. 13th through Sept. 18th						
Virtue: Fidelity						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021	9/18/2021
<b>Varsity/JV B Soccer</b>	Practice 4-6	South (A). 7:00PM	Practice 4-6	GFC (A) 5:00 and 7:00	Practice 4-6	
<b>Varsity/JV Football</b>	Practice 4-6. JV @ South 5:00	Practice 4-6:30 PM	Practice 4-6	Practice 4-5:45. Team Meal 6PM	St. Mary's 7:00 (A)	
<b>9th Grade &amp; JR. Hi Football</b>	9: @ Moorhead 5:00. 8A 8B Practice 4-6	Practice 4-6:30 PM	Practice 4-6	Practice 4-5:45. Team Meal 6PM. Jr. Hi 8A (A) 5:30/8B 4:30 (H) v. Horizon		
<b>Varsity/JV G Golf</b>	WF Sheyenne Invite Village Green 9AM JV Osgood 9AM	Practice 4-6:30 PM	Homework Wednesday w/coaches	V/JV Practice 4-6	Varsity Only Practice 4-5:45	
<b>Varsity/JV Cross Country</b>	Bluestem 4-6	Lindenwood 4-6	Bluestem 4-6	Andrew Nelson Classic	Shanley 4-5:30	
<b>Varsity/JV B Tennis</b>	V: Island Park 4:00 - 6:00 JV A: Kennedy 4:00 - 5:00 JV B: Kennedy 5:00 - 6:00	V: Wahpeton 4 PM (A). JV: Practice 4-6	V: Island Park 4:00 - 6:00 JV A: Kennedy 4:00 - 5:00 JV B: Kennedy 5:00 - 6:00	V: WFHS (H) Island Park Dismissal 2:42	V: Island Park 4:00 - 6:00 JV A: Kennedy 4:00 - 5:00 JV B: Kennedy 5:00 - 6:00	
<b>Varsity Girls Swim &amp; Dive</b>	Fargo South Practice 6:30-8:30	GF Dual @ GF 5PM Warmups at 4PM	Fargo South 5:30-7:00 AM	Fargo South Practice 6:30-8:30 PM	Fargo South 6:30 PM-8:30 PM	Border Battle @ Hulbert 11AM
<b>Varsity/JV/9th grade Volleyball</b>	Practice 4:30-6:30	V, JV, C, 9: Davies (A) 4:30	Practice 4:30-6:30	C & JV 4:30 and 5:45 Horace (H). Varsity practice	Practice 4:30-6:30	JV Tourney @ Dilworth
<b>Jr. High (7&amp;8 grade) Volleyball</b>	8A: 4:15 Cheney MS. Practice 7A & B 3:30-4:30	7A: 4:00 @ Carl Ben 7B 5:00 @ Carl Ben 8A Practice 3:30-4:30 PM	OFF	8A: Home v. Ben Franklin 5PM 7A&B Practice 3:30-4:30 PM	7A&7B: 5:00 PM Games (H). 8A Practice	
<b>Open Gyms</b>						
<b>Special Events</b>						
<b>Dismissal/Departure</b>	Golf All Day	Tennis Dis. 1:50/Bus 2:00 PM. Swim Dis/2:00/Bus 2:15 PM		Tennis: 2:40 XC:TBA B Soccer Dismiss 2:15/Bus 2:30		

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