

Weekly Practice Schedule						
Sept. 6th through Sept. 11th						
Virtue: Dedication						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021	9/11/2021
Varsity/JV B Soccer	Practice 4-6	North (A). 5:00PM and 7:00PM	Practice 4-6	GFRR (A) 5:00 and 7:00	Delano (MN) (A) 5:00 PM	Holy Family (A) 11:00 AM
Varsity/JV Football	Practice 7:00-8:30	Practice 4-6:30 PM JV: Sheyenne (H) 7:00 PM	Practice 4-6	Practice 4-5:45. Team Meal 6PM	Sheyenne 7:00 PM (A)	
9th Grade & JR. Hi Football	9th Grade Practice 7:00-8:30	9th grade: Sheyenne (H) 5PM	Practice 4-6	Practice 4-5:45. Team Meal 6PM. Jr. Hi 8A (H) 4:30/8B 5:30 (H) v. Ben Franklin	Practice 4-5:45	
Varsity/JV G Golf	OFF	V: Kings Walk (GF) 9 AM. JV: Lincoln Pk 9AM	Homework Wednesday w/coaches	V/JV Practice 4-6	V/JV Practice 4-6	
Varsity/JV Cross Country	OFF	Lindenwood 4-6	Shanley 4-6	Shanley 4-6	Shanley 4-6	Anderson/Stavn Bismarck McDowell Dam
Varsity/JV B Tennis	OFF	V: Fargo South 4 PM (A). JV: Fargo South 4PM(A)	V: Island Park 4:00 - 6:00 JV A: Kennedy 4:00 - 5:00 JV B: Kennedy 5:00 - 6:00	V: VCHS (H) Island Park Dismissal 2:42	V: Legacy (H) 4:00 PM	WF/Shey Invite 9:00 AM
Varsity Girls Swim & Dive	Fargo South Practice 6:30- 8:30	Fargo South 6:30-8:30 PM	Fargo South 5:30-7:00 AM	Moorhead Dual (A) 6:00, Warmups at 4PM	Fargo South 6:30 PM-8:30 PM	Capital City Invite Bismarck 11:00 AM
Varsity/JV/9th grade Volleyball	Practice 4:30-6:30	V, JV, C, 9: Valley City (A) 4:30	Practice 4:30-6:30	V: Wahpeton (H) 7:00 PM, JV: 5:45, C: 4:30, 9th Grade 7:00 PM ct 2.	Practice 4:30-6:30	V: Sheyenne (H) 2:30, JV 5:45, C 4:30, 9th grade 1:00
Jr. High (7&8 grade) Volleyball	OFF	8B: 4:15 Cheney Middle School Practice 3:30-4:30 PM	OFF	7A 4:00 PM Liberty MS (A) 7B 4:00 PM Horizon MS (A) 8A&B Practice 3:30-4:30 PM	8A&8B: 4:00 PM Games (H). 7A&B Practice 3:30	
Open Gyms						
Special Events						
Dismissal/Departure		Volleyball Dismissal 2:35/Bus 2:45 Tennis Dismiss 2:40	Golf: All Day	Tennis: 2:40 XC: return after the race B Soccer Dismiss 2:15/Bus 2:30	Soccer Bus: 8:00 AM	XC Bus: 8:30 AM Swim Bus: 5:45 AM

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