

Weekly Practice Schedule						
Oct. 11-Oct 16						
Virtue: Trust						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021	10/16/2021
Varsity/JV B Soccer						
Varsity/JV Football	Practice 4-6. JV (A) Red River 7PM	Practice 4-6:30 PM	Practice 4-6	Practice 4-5:45. Team Meal 6PM	Red River (H) 7:00 PM	
9th Grade & JR. Hi Football	9 Red River (A) 4PM 8A 8B (H) Discover 4:30/5:30	Practice 4-6:30 PM	Practice 4-6	Practice 4-6	Practice 4-6	
Varsity/JV G Golf						
Varsity/JV Cross Country	Practice 4-6	Practice 4-6:30 PM	Varsity Meet Iwen Park	Practice 4-6	Practice 4-6	
Varsity/JV B Tennis						
Varsity Girls Swim & Dive	Fargo South Practice 6:30-8:30	Fargo South Practice 6:30-8:30	Fargo South 5:30-7:00 AM	Jamestown Dual 5PM warmups 4PM	Fargo South 5:30-7:00 AM	
Varsity/JV/9th grade Volleyball	Practice 4:30-6:30.	V, JV, C, 9: VCHS (H) 4:30	Practice 4:30-6:30	V, JV, C, 9 Davies (H) 4:30	Practice 4:30-6:30	
Jr. High (7&8 grade) Volleyball	.7B Horizon MS (H) 5:15. 7A Liberty MS (H) 4:15. 8A Ben Franklin (A) 5:00	Practice 3:30-4:30	OFF	8A: Heritage (H) 4:00. 7A: Cheney (A) 4:30 PM.	7B: Ben Franklin (A) 4:00	
Open Gyms	GBB Main Gym 6:30-8:30					
Open Gyms	BBB 2nd Gym 6:30-8:30					
Dismissal/Departure	9th Grade Bus 2PM Dismiss 1:45			Girls Swimming 2PM Dismiss 2:30 Bus		

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