

Weekly Practice Schedule						
Jan 17-22						
Virtue: Foresight						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022	1/22/2022	
<b>Boys BB V, JV</b>	Practice Gym 2 4-6:00	HOME v. Shey. JV, 4:30 Gym 2, V 7:30 Main Gym	Practice Main Gym 4:00-6:00	Practice Main Gym 3:40-6:00	Practice Main Gym 3:40-6:00	
<b>Boys BB C</b>	HOME v. Sheyenne Main Gym 7PM	Practice 4:30-5:30 Gym 2	Practice Main Gym 6:15-7:30 AM	Practice Gym 2 4:30-6:00	Practice Gym 2 4:30-6:00	
<b>Boys BB 9th G</b>	Practice Gym 2 4:30-5:15	AWAY v. Wahp 6:30 Wahp. Elementary School	Practice Main Gym 3:00-4:00	Practice Gym 2 4:30-6:00	Practice 4:30 -6:00	Cent Cass Tourney North Gym 11:15 AM approx. South Gym 2:00 PM approx.
<b>Girls BB V, JV</b>	Practice Main Gym 9:00 AM-11:00 AM	HOME v. Shey. JV 4:30 Main Gym, V. 5:45 Main Gym	Practice Gym 2 4:00-6:00	Practice Main Gym 6:00-8:00	Practice Main Gym 6:00-8:00	
<b>Girls BB C</b>	HOME v. Sheyenne Main Gym 5:30	HOME v. Kindred Gym 2 6:00	Practice Gym 2 3:00-4:00	Practice Main Gym 6:00-8:00	Practice Main Gym 6:00-8:00	
<b>Girls BB 9th G</b>	Practice Gym 2 9:00 AM-11:00 AM	HOME v. Moorhead Gym 2 7:00	Practice Gym 2 3:00-4:00	HOME v. VCHS Gym 2 7PM	Practice Gym 2 6:00-8:00	Cent Cass Tourney North Gym 10:00 AM South Gym 12:45 PM approx.
<b>8th Grade BBB A</b>	OFF	Practice Gym 2 3:30 -4:30	OFF	AWAY v. Horizon 4:30	Practice Gym 2 3:30-4:30	
<b>8th Grade BBB B</b>	OFF	Practice Gym 2 3:30 -4:30	OFF	HOME v. DGF Gym 2 4:00	Practice Gym 2 3:30-4:30	
<b>Custodians</b>	Gyms after 8PM	Gym after 8:00	Gyms after 6:00	Gyms after Games	Gyms after 8:00	
<b>Open Gyms</b>						
<b>COOPs</b> If not listed look on ndhsaanow.com		G. Hockey v. WF (H) 7:30 B. Hockey v. GFC (H) 7:30		Wrestling v. Shey. (H) TBA	Wrestling v. RR (H) TBA	G. Hockey @ Davies 12:15 B. Hockey v. WF (H) 11:30
<b>Dismissal/Departure</b>		9BBB Bus 4:45 PM				9 BBB and GBB Bus 9:00 AM

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