

Weekly Practice Schedule						
Aug 15-20						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8/15/2022	8/16/2022	8/17/2022	8/18/2022	8/19/2022	8/20/2022
<b>Varsity/JV Football</b>	Sid Cichy 4-9 PM	Sid Cichy 4-9 PM	Team Pictures 3:00 Practice 4-7PM.	Scrimmage w/Shey. And WF 6PM-7PM	Practice 4-6PM. Deacon Fun Day	
<b>Freshmen Football</b>	Sid Cichy 4-9 PM	Sid Cichy 4-9 PM	Team Pictures 3:00 Practice 4-7PM.	Scrimmage w/Shey. And WF 5-6PM	Practice 4-6PM. Deacon Fun Day	
<b>7&amp;8 Grade FB</b>						
<b>Varsity/JV G Golf</b>	V Jamestown CC 1PM. JV Practice 4PM FCC	V: Jamestown CC TBA JV: Practice FCC 8:30AM-10am	Pictures @ Par 3 Course 9AM	V: Wahpeton 9:00 AM. JV: El Zagal 9AM	V: Practice 7AM-8:30AM FCC. JV: 7AM-8:30 AM Osgood	
<b>Varsity/JV Cross Country</b>	TBA	TBA	TBA	TBA	TBA	
<b>Varsity/JV Soccer</b>	Sid Cichy 10:00 AM-Noon	AWAY Red River 5/7PM	Sid Cichy 10AM-Noon	AWAY Sheyenne 5/7PM	Sid Cichy 10:00 AM-Noon	
<b>Varsity/JV B Tennis</b>	V: Island Park 4:00 - 6:00 JV A: Kennedy 4-5PM JV B: Kennedy 5-6PM	V: Island Park 4:00 - 6:00 JV A: Kennedy 4-5PM JV B: Kennedy 5-6PM	V: Island Park 4:00 - 6:00 JV A: Kennedy 4-5PM JV B: Kennedy 5-6PM	V: Island Park 4:00 - 6:00 JV A: Kennedy 4-5PM JV B: Kennedy 5-6PM	V: Island Park 4:00 - 6:00 JV A: Kennedy 4-5PM JV B: Kennedy 5-6PM	
<b>Varsity Girls Swim &amp; Dive</b>	Practice at South 5:30-8PM. Aliya LG	Practice at South 5:30-8PM. Aliya LG	Practice at South 5:30-8PM. Aliya LG	Practice at South 5:30-8PM. Aliya LG	Practice at South 5:30-8PM. Aliya LG	Practice at South 7-9AM. Sophie
<b>Varsity/JV Volleyball</b>	Practice Try outs All Levels 4:30-6:30	Practice Try outs All Levels 4:30-6:30	Practice Try outs All Levels 4:30-6:30	Practice: 4:30-6:30 Main Gym	Practice: 4:30-6:30 Main Gym	
<b>C/9th Grade Volleyball</b>	Practice Try outs All Levels 4:30-6:30	Practice Try outs All Levels 4:30-6:30	Practice Try outs All Levels 4:30-6:30	Practice: 4:30-6:30 Gym 2	Practice: 4:30-6:30 Gym 2	
<b>MS Volleyball</b>						
<b>Elementary GBB</b>						
<b>Open Gyms</b>						
<b>Special Events</b>						

<b>Dismissal/ Departure</b>	Golf Bus 9:15	Soccer Bus 2:30 PM		Golf Bus 7AM		
<b>NOTE: Practice times are subject to change. Coaches are responsible to notify players of any changes to this practice schedule.</b>						