

High School Weekly Practice Schedule Sept. 26- Oct. 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022	10/1/2022
<b>Varsity/JV Football</b>	V: Practice 4-6:30 JV: AWAY v. Legacy 5:30 PM	Practice 4-6:30	Practice 3:30-6:00 PM	Practice 4-5:45	AWAY @ Legacy 6:30 PM	
<b>Freshmen Football</b>	Practice 4-6:30	Practice 4-6:30	Practice 3:30-6:00 PM	Practice 4-5:45	AWAY @ Legacy 3:30 PM	
<b>Varsity/JV G Golf</b>	EAST REGION @ Bois de Sioux 10AM	Practice V: FCC 4-6PM,	Practice V: 4:30-5:30 FCC Par 3	Practice V: 4-6PM FCC	No Practice	
<b>Varsity/JV Cross Country</b>	Practice 4-6:30	Practice 4-6:30	Practice 4-6PM	Practice 4-6PM	Practice 4-6PM	GF Border Battle 10AM
<b>Varsity/JV Soccer</b>	Practice 4-6PM	AWAY at North 5:30/7:30	Practice 3:30-6:00 PM	Practice 4-6PM	Practice 4-6PM	
<b>Varsity/JV B Tennis</b>	V: Island Park 4:00 - 6:00 JV B: TBA JV A: KTBA	V: Island Park 4:00 - 6:00	V: Island Park 4:00 - 6:00	EDC Tourney at GF. Choice Health and Fitness 10AM	EDC Tourney at GF. Choice Health and Fitness 10AM	EDC Tourney at GF. Choice Health and Fitness 10AM
<b>Varsity Girls Swim &amp; Dive</b>	Practice at South 6:15-8:30PM. Aliya LG	AT Davies 6PM. Warmups 4:30	Practice at South 5:30-7AM Sophia	Practice at South 4-6:30 PM Aliya LG	Practice at South 5:30-7 AM. Sophie LG	
<b>Varsity/JV/C Volleyball</b>	Practice 4:30-6:00 Main Gym	AWAY at Shey 4:30/5:45/7:00	Practice 4:30-6:00 Main Gym	AWAY at GFC 4:30/5:45/7:00	Practice 6:30-7:30 AM	JV Tourney at Sheyenne
<b>9th Grade Volleyball</b>	Practice 6PM-7:30 PM Main Gym	AWAY at Shey 5:00 PM	Practice: 4:30-6:00 Gym 2	AWAY at GFC 5:00 PM	Practice 6:30-7:30 AM	
<b>Open Gyms</b>						
<b>Special Events</b>						
<b>Dismissal/Departure</b>	Golf Dismiss All Day Football Bus 1:30 dismiss 1PM	Volleyball C dismissal 3 PM		Tennis Bus. Dismissal ALL Day	9th Grade FB Bus 11:30 V FB Bus 12:00 Tennis bus TBA	

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