

High School Weekly Practice Schedule Sept. 19-24						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022	9/24/2022
Varsity/JV Football	V: Practice 4-6:30 JV: AWAY v. Century 5PM	Practice 4-6:30	Practice 3:30-6:00 PM	Practice 4-5:45	HOME v. Century 7PM	
Freshmen Football	Practice 4-6:30	Practice 4-6:30	Practice 3:30-6:00 PM	Practice 4-5:45	HOME v. Century 4PM	
Varsity/JV G Golf	Shanley Invite @ FCC 9AM JV FCC Par 3 9AM	Practice V: FCC 4-6PM, JV Osgood 4:00-5:30PM	V: WF Invite Maple River 9AM JV Prairiewood 9AM	Practice V: FCC 4-6PM,	Practice V: FCC 4-6PM,	
Varsity/JV Cross Country	Practice 4-6:30	Practice 4-6:30	Practice 4-6PM	Practice 4-6PM	Practice 4-6PM	GF Border Battle 10AM
Varsity/JV Soccer	Practice 4-6PM	AWAY v. WF JV 5, V 7PM	Practice 3:30-6:00 PM	HOME v. Davies JV 5, V 7PM	Practice 4-6PM	
Varsity/JV B Tennis	V: Island Park 4:00 - 6:00 JV B: Kennedy 4-5PM JV A: Kennedy 5-6PM	AWAY at Shey. 4PM	V: Island Park 4:00 - 6:00 JV B: Kennedy 4-5PM JV A: Kennedy 5-6PM	V: H v. WF Island Pk. 4PM JVB: H v. WF Kennedy 4PM	V: Island Park 4:00 - 6:00 JV B: Kennedy 4-5PM JV A: Kennedy 5-6PM	
Varsity Girls Swim & Dive	Practice at South 6:15-8:30PM. Aliya LG	Practice at South 6:15-8:30PM. Aliya LG	Practice at South 5:30-7AM Sophia	Practice at South 6:15-8:30PM. Aliya LG	Practice at South 5:30-7 AM. Sophie LG	
Varsity/JV Volleyball	Practice 4:30-6:00 Main Gym	HOME v. Horace 4:30/5:45/7PM	Practice 4:30-6:00 Main Gym	HOME v. VC 4:30/5:45/7:00PM	Practice 6:30-7:30 AM	JV Tourney at Sheyenne
C/9th Grade Volleyball	Practice 4:30-6:30 Gym 2	HOME v. MHD 6PM	Practice: 4:30-6:00 Gym 2	HOME v. VC 6PM	Practice 6:30-7:30 AM	
Open Gyms						
Special Events						
Dismissal/Departure	Golf Dismiss All Day Football Bus 1PM dismiss 12:30	Tennis Dismissal 2:45	Golf Bus 6:45, Dismiss All Day	Tennis Dismissal 2:45	9th Grade FB Dismissal 3PM	
NOTE: Practice times are subject to change. Coaches are responsible to notify players of any changes to this practice schedule.						