

Sport	Practice Time	Special Notes
Cheer	Sunday, TH - 6:00-9:00pm	
Dance	T 6-7:30am, W 7-9pm, Sun 4-7pm	
Football	Practice: T-F 3:00-5:00pm Meetings: T-F 1:3:00pm Monday's off	1. Our Off Day will be Mondays. This is a great day for labs and night classes. 2. Friday schedule fluctuates with home vs. away games 3. Ideally want guys done by 1:20 unless it's a class needed to graduate
Men's Basketball	M-F 4:00 - 6:30pm	
Men's Tennis	1:30pm - 4:00pm	
Soccer	M - 3:30-7p T - Off Day W - 6:00-8:00am AND 3:30-4:30pm Th - 6:00-8:00am, Film 4:00-5:00pm F - games (times range due to HS football)	Thursday afternoons/All day Friday potential missed class due to travel
Softball	4:00-6:30pm	Monday is best lab day
Swimming	6:30-8:30 AND 2:00-4:00	Coach understands they may have to leave morning practice early to accommodate class
Track/X-Country	2:30PM	Monday best lab day
Track: High Jump/Pole Vault	2:30PM	Wednesday best lab day
Track: Sprints/Horiz Jumps	2:30pm (sometimes earlier if possible)	Monday or Wednesday best lab days
Track: Throwing	2:00PM	Wednesday best lab day
Volleyball	2:00pm	light on Fridays
Women's Basketball	M-F 2:00pm- 4:00pm	
Women's Golf	12:00pm - 4:00pm	Monday-Tuesday's most common missed class days. Wednesday's best lab day
Women's Tennis	1:30pm - 4:00pm	
Wrestling	2:30pm	