



General Practice Structure



Mon	A	Tues	B	Wed	A	Thurs	B	Fri	A	Sat
6:15 AM Varsity/JV Practice		6:30 AM Varsity/JV Practice				Freshman 7th Period Practice				9:00-11:00 AM Varsity Weights/Film
		Freshman 7th Period Practice		Varsity/JV 4th Period Practice		Varsity/JV 8th Period Practice				
Varsity/JV 4th Period Practice		Varsity/JV 8th Period Practice		4:00-4:50 Varsity/JV Practice		4:00-4:45 Varsity Practice				
4:15-5:15 Freshman Practice		4:15-5:15 Freshman Practice		4:15-5:00 Freshman Practice		Sub Varsity Games		Varsity Game		
Mon	B	Tues	A	Wed	B	Thurs	A	Fri	B	Sat
6:15 AM Varsity/JV Practice		6:30 AM Varsity/JV Practice		Freshman 7th Period Practice						9:00-11:00 AM Varsity Weights/Film
Freshman 7th Period Practice				Varsity/JV 8th Period Practice		Varsity/JV 4th Period Practice				
Varsity/JV 8th Period Practice		Varsity/JV 4th Period Practice		4:00-4:50 Varsity/JV Practice		4:00-4:45 Varsity Practice				
4:15-5:15 Freshman Practice		4:15-5:15 Freshman Practice		4:15-5:00 Freshman Practice		Sub Varsity Games		Varsity Game		

*** The above is a general practice structure for both an A week and a B week. This is subject to change depending on each week. We will communicate on Sundays the exact practice and game schedule for that week.***