

SPRING SPORT PRACTICE SCHEDULES - WEEK ONE

SPORT	LOCATION	DAYS	DATES	TIME
BASEBALL (V & JV)				
* 4:30 Mtg / OUTSIDE MAIN GYM		MONDAY	3/4/2019	5PM - 7PM
*VARSITY ONLY	MAIN GYM	TUESDAY	3/5/2019	5PM - 7PM
*BUS TO FROZEN ROPES	FROZEN ROPES	WEDNESDAY	3/6/2019	3:10PM - 5PM
*VARSITY ONLY	MAIN GYM	THURSDAY	3/7/2019	3PM - 5PM
	MAIN GYM	FRIDAY	3/8/2019	5PM - 7PM

LACROSSE (V & JV) GIRLS				
	TURF	MONDAY	3/4/2019	3PM - 5PM
	TURF	TUESDAY	3/5/2019	5PM - 7PM
	TURF	WEDNESDAY	3/6/2019	3PM - 5PM
	TURF	THURSDAY	3/7/2019	5PM - 7PM
	TURF	FRIDAY	3/8/2019	3PM - 5PM
	TURF	SATURDAY	3/9/2019	8AM - 10AM

Girls should be dress in layers to be outside on turf. Bring water bottle, molded mouth guard, turf shoes/cleats, and sneakers. School can provide equipment but girls should bring their own stick and goggles if they own them.

Please provide your child with the proper orthodontic mouth guard if they have braces.

Girls should try to have contacts if they wear glasses as Banger goggles are no longer legal.

LACROSSE (V & JV) BOYS				
	TURF	MONDAY	3/4/2019	5PM - 7PM
	TURF	TUESDAY	3/5/2019	3PM - 5PM
	TURF	WEDNESDAY	3/6/2019	5PM - 7PM
	TURF	THURSDAY	3/7/2019	3PM - 5PM
	TURF	FRIDAY	3/8/2019	5PM - 7PM

*Practice on turf requires turf shoes or cleats. Dress warm in layers daily.

Have sneakers available in case of inclement weather.

O/D TRACK (VARSITY) GIRLS				
	MEET 1ST FLOOR	MONDAY	3/4/2019	3PM - 5PM
	MEET 1ST FLOOR	TUESDAY	3/5/2019	3PM - 5PM
	MEET 1ST FLOOR	WEDNESDAY	3/6/2019	3PM - 5PM
	MEET 1ST FLOOR	THURSDAY	3/7/2019	3PM - 5PM
	MEET 1ST FLOOR	FRIDAY	3/8/2019	3PM - 5PM

*Bring water and extra clothing for outside.

O/D TRACK (VARSITY) BOYS				
	MEET 1ST FLOOR	MONDAY	3/4/2019	3PM - 5PM
	MEET 1ST FLOOR	TUESDAY	3/5/2019	3PM - 5PM
	MEET 1ST FLOOR	WEDNESDAY	3/6/2019	3PM - 5PM
	MEET 1ST FLOOR	THURSDAY	3/7/2019	3PM - 5PM
	MEET 1ST FLOOR	FRIDAY	3/8/2019	3PM - 5PM

*Bring water and extra clothing for outside.

SOFTBALL (V & JV) GIRLS				
	AHS - MAIN GYM	MONDAY	3/4/2019	3PM - 5PM
	FROZEN ROPES	TUESDAY	3/5/2019	3PM - 5PM
	AHS - MAIN GYM	WEDNESDAY	3/6/2019	3PM - 5PM
	FROZEN ROPES	THURSDAY	3/7/2019	3PM - 5PM
	TBA	FRIDAY	3/8/2019	3PM - 5PM
	AHS - MAIN GYM	SATURDAY	3/9/2019	12PM - 2PM

*Bring any softball equipment you may have including but not limited to a glove, bat, and helmet. Be dressed in athletic clothes and sneakers.

TENNIS (VARSITY) BOYS

*Meet / front of boys locker room	AHS - MAIN GYM	MONDAY	3/4/2019	3PM
	AHS - MAIN GYM	TUESDAY	3/5/2019	3PM - 5PM
	AHS - MAIN GYM	WEDNESDAY	3/6/2019	5PM - 7PM
	AHS - MAIN GYM	THURSDAY	3/7/2019	5PM - 7PM
	AHS - MAIN GYM	FRIDAY	3/8/2019	3PM - 5PM