

2026 Fall Practice Schedule(Friday)

Monday

1st Period Athletics		5th Period Athletics	
5:40 AM	Doors Open	6:15 AM	Doors Open
6:10 AM	Dynamic Stretch	6:30 AM	Weights
6:20 AM	Practice Starts	7:00 AM	Done
7:50 AM	Practice Ends	7:45 AM	School Starts
7:55 AM	In the F.H.	3:30 AM	Practice Starts
8:15 AM	Leave for Class	4:35 AM	Practice Ends
3:30 PM	Film and Weights		
4:35 PM	Go Home		

Tuesday

1st Period Athletics		5th Period Athletics	
5:40 AM	Doors Open	6:15 AM	Doors Open
6:10 AM	Dynamic Stretch	6:30 AM	Weights
6:20 AM	Practice Starts	7:00 AM	Done
7:50 AM	Practice Ends	7:45 AM	School Starts
7:55 AM	In the F.H.	3:30 AM	Practice Starts
8:15 AM	Leave for Class	4:35 AM	Practice Ends
3:30 PM	Film and Weights		
4:35 PM	Go Home		

Wednesday

1st Period Athletics		5th Period Athletics	
5:40 AM	Doors Open	6:15 AM	Doors Open
6:10 AM	Dynamic Stretch	6:30 AM	Weights
6:20 AM	Practice Starts	7:00 AM	Done
7:50 AM	Practice Ends	7:45 AM	School Starts
7:55 AM	In the F.H.	3:30 AM	Practice Starts
8:15 AM	Leave for Class	4:35 AM	Practice Ends
3:30 PM	Film and Study Hall		
4:35 PM	Go Home		

Thursday

1st Period Athletics		5th Period Athletics	
6:40 AM	Doors Open	7:45 AM	Class Starts
7:00 AM	Dynamic Stretch	GAME DAY	
7:10 AM	Practice Starts		
7:50 AM	Practice Ends		
7:55 AM	In the F.H.		
8:15 AM	Leave for Class		
5:00 PM	Team Meal / JV Game Day		

Friday: Varsity Game Day, JV Clean Lockerroom, Freshman Weights