

**May 10th-14th 2021 Spring Practice Schedule**

Monday				Thursday			
Varsity/JV		Freshman		Varsity/JV		Freshman	
<b>5:20 AM</b>	Doors Open	<b>5:20 AM</b>	Doors Open	<b>5:20 AM</b>	Doors Open	<b>5:20 AM</b>	Doors Open
<b>5:40 AM</b>	Meetings	<b>5:40 AM</b>	Meetings	<b>5:40 AM</b>	Meetings	<b>5:40 AM</b>	Meetings
<b>5:50 AM</b>	Dynamic Stretch	<b>5:50 AM</b>	Dynamic Stretch	<b>5:50 AM</b>	Dynamic Stretch	<b>5:50 AM</b>	Dynamic Stretch
<b>6:00 AM</b>	Practice Starts	<b>6:00 AM</b>	Practice Starts	<b>6:00 AM</b>	Practice Starts	<b>6:00 AM</b>	Practice Starts
<b>7:55 AM</b>	End Practice	<b>7:00 AM</b>	End Practice	<b>7:55 AM</b>	End Practice	<b>7:00 AM</b>	End Practice
<b>8:00 AM</b>	In the F.H.	<b>7:05 AM</b>	In the F.H.	<b>8:00 AM</b>	In the F.H.	<b>7:05 AM</b>	In the F.H.
<b>8:13 AM</b>	Leave for Class	<b>7:20 AM</b>	Leave for Class	<b>8:13 AM</b>	Leave for Class	<b>7:20 AM</b>	Leave for Class
<b>3:30 PM</b>	Weights/Tutorials	<b>5th Period</b>	Weights/Conditioning	<b>3:30 PM</b>	Film/Tutorials	<b>5th Period</b>	Weights/Conditioning
<b>4:00 PM</b>	Film/Weights	<b>3:15 PM</b>	Tutorials/Go Home	<b>4:00 PM</b>	Go Home	<b>3:15 PM</b>	Tutorials/Go Home
<b>4:30 PM</b>	Go Home						
Tuesday				Friday			
Varsity/JV		Freshman		Varsity/JV		Freshman	
<b>5:20 AM</b>	Doors Open	<b>5:20 AM</b>	Doors Open	Friday will be a make up practice day. If we get all practices in, Fridays will be weights in the period and off after school.			
<b>5:40 AM</b>	Meetings	<b>5:40 AM</b>	Meetings				
<b>5:50 AM</b>	Dynamic Stretch	<b>5:50 AM</b>	Dynamic Stretch				
<b>6:00 AM</b>	Practice Starts	<b>6:00 AM</b>	Practice Starts				
<b>7:55 AM</b>	End Practice	<b>7:00 AM</b>	End Practice				
<b>8:00 AM</b>	In the F.H.	<b>7:05 AM</b>	In the F.H.				
<b>8:13 AM</b>	Leave for Class	<b>7:20 AM</b>	Leave for Class				
<b>3:30 PM</b>	Film/Tutorials	<b>5th Period</b>	Weights/Conditioning				
<b>4:00 PM</b>	Go Home	<b>3:15 PM</b>	Tutorials/Go Home				
Wednesday							
Varsity/JV		Freshman					
<b>5:20 AM</b>	Doors Open	<b>5:20 AM</b>	Doors Open				
<b>5:40 AM</b>	Meetings	<b>5:40 AM</b>	Meetings				
<b>5:50 AM</b>	Dynamic Stretch	<b>5:50 AM</b>	Dynamic Stretch				
<b>6:00 AM</b>	Practice Starts	<b>6:00 AM</b>	Practice Starts				
<b>7:55 AM</b>	End Practice	<b>7:00 AM</b>	End Practice				
<b>8:00 AM</b>	In the F.H.	<b>7:05 AM</b>	In the F.H.				
<b>8:13 AM</b>	Leave for Class	<b>7:20 AM</b>	Leave for Class				
<b>3:30 PM</b>	Weights/Tutorials	<b>5th Period</b>	Weights/Conditioning				
<b>4:00 PM</b>	Film/Weights	<b>3:15 PM</b>	Tutorials/Go Home				
<b>4:30 PM</b>	Go Home						