

## Lady Scots CC Practice Schedule

Oct. 7<sup>th</sup> - 11<sup>th</sup>

\*Monday, Oct. 7<sup>th</sup> - Practice @ 3:15 p.m.-5:30 p.m. @ Norbuck Park. Ice bath @ stadium.

\*Tuesday, Oct. 8<sup>th</sup> - Practice @ 3:15 p.m.-5:30 p.m. @ TP Hill. Senior Ceremony @ 4:00 p.m. Seniors - please invite your parents. :) Ice bath @ home.

\*Wednesday, Oct. 9<sup>th</sup> - Team meeting @ 6:25 a.m.-7:10 a.m. in the team meeting room in the high school. You may go to tutorials after the meeting, during 8<sup>th</sup> period, and after school. Please plan on checking in at the stadium at the beginning of 8<sup>th</sup> period unless you are going to tutorials during this time. If so, please have your teacher email me, so I do not count you absent. The ice bath will be set up until 5:00 p.m.

\*Thursday, Oct. 10<sup>th</sup> - District 12-5A Championships. You will miss all day of school, so please make sure you have communicated with your teachers about your makeup work. Everything needs to be taken care of before Thursday. :) We will be back at HP around 3:30, then we will have a short team meeting.

\*Friday, Oct. 11<sup>th</sup> - End of the 9 Weeks. If you fail the 9 weeks and you are part of the Regional Team, you will be done for the season as you will become ineligible on Friday, Oct. 18<sup>th</sup>. Please make sure you are taking care of the classroom - going to morning tutorials, doing your homework, and retesting when necessary. Remember - your teammates are counting on you!

\*Friday, Oct. 11<sup>th</sup> - Practice for Varsity only - 3:15 p.m.-5:30 p.m. - location TBD. Ice bath @ home.

**\*Monday, Oct. 14<sup>th</sup> and Tuesday, Oct. 15<sup>th</sup> - Practice for Varsity only - this will include everyone who moves on after the District Meet. There isn't any school on these days, so please make sure you have this on your calendar. It has been on the schedule all season. On Monday, Oct. 14<sup>th</sup>, practice will be at 7:00 a.m. On Tuesday, Oct. 15<sup>th</sup>, practice will be at 3:00 p.m. (this is a change due to the coaches having to be in meetings at school).**

# RUNNING ON SUNSHINE