

SPORTS PRACTICE TIMES			
AUGUST 23RD (Wednesday)			
Flag FB	9:00 a.m. to 10:30 a.m.		
Tackle FB	4:00 p.m. to 5:00 p.m.		
Cross Ctry	4:00 p.m. to 5:00 p.m.		
Volleyball	6:15 p.m. to 7:30 p.m.		
AUGUST 24TH (Thursday)			
Flag FB	9:00 a.m. to 10:30 a.m.		
Tackle FB	4:00 p.m. to 5:30 p.m.		
Cross Ctry	4:00 p.m. to 5:15 p.m.		
Volleyball	4:00 p.m. to 5:30 p.m.		
AUGUST 25TH (Friday)			
Flag FB	9:00 a.m. to 10:30 a.m.		
Tackle FB	NO PRACTICE		
Cross Ctry	4:00 p.m. to 5:15 p.m.		
Volleyball	4:00 p.m. to 5:30 p.m.		
AUGUST 28TH (Monday)			
Flag FB	9:00 a.m. to 10:30 a.m.		
Tackle FB	4:00 p.m. to 5:30 p.m.		
Cross Ctry	4:00 p.m. to 5:15 p.m.		
Volleyball	4:00 p.m. to 5:30 p.m.		
AUGUST 29TH AND THE REST OF THE SEASON			
Flag FB	4:00 p.m. to 5:30 p.m.		
Tackle FB	4:00 p.m. to 5:30 p.m.		
Cross Ctry	4:00 p.m. to 5:30 p.m.		
Volleyball	4:00 p.m. to 5:30 p.m.		