

FIELD HOUSE/GYM PRACTICE SCHEDULE - WINTER 2009- 2010

- The weight room will be open most days (there has to be coaches supervision)
- Please makes sure your student-athletes respect the time allotted for your sport
- On Wrestling Meet days the FH will open from 3:00 – 4:00 for basketball/track practice, the Gym will be open at its normal time.
- Ski Team will use the Yoga Room in the month of December, after this it is open.

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Nov. 30	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
(BBall Tryouts)	4:45-6:30	Sub Varsity BBall	Sub Varsity BBall			Var B/G BBall
	3:00-8:00					Var B/G BBall
		B/G Track	Outside			
Tues. Dec. 1	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
(BBall Tryouts)	4:45-6:30	Sub Varsity BBall	Sub Varsity BBall			Var B/G BBall
	3:00-8:00					Var B/G BBall
		B/G Track	Outside			
Wed. Dec. 2	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
(BBall Tryouts)	4:45-6:30	Sub Varsity BBall	Sub Varsity BBall			Var B/G BBall
	3:00-8:00					Var B/G BBall
		B/G Track	Outside			
Thur. Dec. 3	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Fri. Dec. 4	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Sun. Dec. 6	1:00- 3:00					Var B/G BBall
	3:00 – 5:00					Var B/G BBall

FIELD HOUSE/ GYM PRACTICE SCHEDULE - WINTER 2009-2010

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Dec. 7	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Tues. Dec. 8	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Wed. Dec. 9	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Thur. Dec. 10	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Fri. Dec. 11	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Sun. Dec. 13	1:00 – 3:00					Var B/G BBall
	3:00 – 5:00					Var B/G BBall
Mon. Dec. 14	3:00-4:45	Sub varsity BBall	Sub varsity BBall	Wrestling		Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G BBall
	3:00-8:00					Var B/G BBall
Tues. Dec. 15	3:00-4:45	Sub Varsity BBall	Sub Varsity BBall	Wrestling	5-6:30 G Hockey	Var B/G BBall
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00 – 8:00					Var B/G Bball
Wed. Dec. 16	3:00-4:45	Sub varsity Bball	Sub varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Dec. 17	3:00-4:45	Sub varsity Bball	Sub varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Dec. 18	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Sun. Dec. 21	1:00 – 3:00					Var B/G Bball
	3:00 – 5:00					Var B/G Bball

FIELD HOUSE/GYM PRACTICE SCHEDULE – WINTER 2009-2010

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Dec. 21	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Dec. 22	3:00-4:45	Wrestling Meet				Var B/G Bball
	4:45-6:30					Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Dec. 23	3:00-4:45	Wrestling Meet				Var B/G Bball
(Last Day Classes)	4:45-6:30					Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Dec. 24	SCHOOL	CLOSED				
Fri. Dec. 25	SCHOOL	CLOSED				
Sat. Dec. 26				Wrest (8-10:30)		G BBall (var) 3-5:00 B BBall (var) 1:3:00
Sun. Dec. 27						GBBall 12-4:00 Game B BBall 10-12
Mon. Dec. 28		Jv/Fr GBB 8-10am Jv/Fr BBB 10-12	Girls track 9-10:30	Wrest (8-10:30)		G BBall (var) 3-5:00 B BBall (var) 1-3:00
Tues. Dec. 29		Jv/Fr GBB 8-10am Jv/Fr BBB 10-12				G BBall 5- 9:30 Game B BBall (var) 11-1pm
Wed. Dec 30		Wrestling Alumni Jv/Fr GBB 8-10am	Event 4:00 – 6:00			G BBall (var) 1-3:00 4, 5:30, 7pm Game
Thur. Dec. 31	SCHOOL	CLOSED				
Fri. Jan. 1	SCHOOL	CLOSED				
Sat. Jan 2		Jv/Fr GBB 8-10am Jv/Fr BBB 10-12				G BBall (var) 10-12 B BBall (var) 12-2
Sun. Jan. 3		Jv/Fr BBB 11-1				G BBall (var) 3-5:00 B BBall (var) 1-3:00

FIELD HOUSE/GYM PRACTICE SCHEDULE – WINTER 2009-2010

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Jan. 4	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Jan. 5	3:00-4:45	B/G Track	B/G Track	Wrestling	5-6:30 G Hockey	Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Jan. 6	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Jan. 7	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Jan. 8	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Sun. Jan. 10	1:00-3:00					Var B/G Bball
	3:00- 5:00					Var B/G Bball
Mon. Jan. 11	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Jan. 12	3:00-4:45	B/G Track	B/G Track	Wrestling	5-6:30 G Hockey	Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Jan. 13	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Jan. 14	3:00-4:45	Wrestling Meet				Var B/G Bball
	4:45-6:30					Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Jan. 15	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Sun. Jan. 17	1:00- 3:00					Var B/G Bball
	3:00 – 5:00					Var B/G Bball

FIELD HOUSE/GYM PRACTICE SCHEDULE – WINTER 2009-2010

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Jan. 18	SCHOOL	CLOSED				
MLK						
Tues. Jan. 19	3:00-4:45	B/G Track	B/G Track	Wrestling	5-6:30 G Hockey	Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Jan. 20	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Jan. 21	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Jan. 22						Var B/G Bball
						Var B/G Bball
						Var B/G Bball
Sun. Jan. 24	1:00- 3:00					Var B/G Bball
	3:00 – 5:00					Var B/G Bball
Mon. Jan. 25	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Jan. 26	3:00-4:45	B/G Track	B/G Track	Wrestling	5- 6:30 G Hockey	Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Jan. 27	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Jan. 28	3:00-4:45	Wrestling Meet				Var B/G Bball
	4:45-6:30					Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Jan. 29	3:00-4:45	B/G Track	B/G Track	Wrestling		Var B/G Bball
	4:45-6:30	Sub Varsity Bball	Sub Varsity Bball			Var B/G Bball
	3:00-8:00					Var B/G Bball
Sun. Jan. 31	1:00- 3:00					Var B/G Bball
	3:00 – 5:00					Var B/G Bball

FIELD HOUSE/GYM PRACTICE SCHEDULE – WINTER 2009-2010

		COURT A	COURT B	COURT C	BACK SIDE	GYM
Mon. Feb. 1	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Feb. 2	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling	5 -6:30 G Hockey	Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Feb. 3	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Feb. 4	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Feb. 5	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Sun. Feb. 7	1:00- 3:00					Var B/G Bball
	3:00 – 5:00					Var B/G Bball
Mon. Feb. 8	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Tues. Feb. 9	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling	5-6:30 G Hockey	Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Wed. Feb. 10	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Thur. Feb. 11	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
Fri. Feb. 12	3:00-4:45	Sub Varsity Bball	Sub Varsity Bball	Wrestling		Var B/G Bball
	4:45-6:30	B/G Track	B/G Track			Var B/G Bball
	3:00-8:00					Var B/G Bball
	FEBRUARY	BREAK				
	Only Varsity	teams still practice	See Feb. Break Sched.			