

Fall Contact Days Sept 7- Oct 31

Volleyball	3:45-5:30	Monday/Wednesday North Gym	
Boys Basketball	6:30-8	Monday/Wednesday 10/19 & 10/26-M/W/TH North & South Gym	Weights Monday-5:45-6:30 Wednesday-5:30-6:30
Girls Basketball	3:45-5:45	Tuesday/Thursday North Gym	Weights Tuesday 5:15-6:00
Dance	3:45-5:45	Tuesday/Thursday/ Saturday Multi Purpose RM	
Cheer	3:45-5:45	Tuesday-South Gym South Gym	
Football	4:00-6:00	T/TH- Sept M/T/TH- Oct Practice Field	Weights & South Gym 5:30-8:00AM T/TH-Sept M/T/TH- Oct
Cross Country	In-Season		Weights M/TH- 4:30-5:45
Baseball	4:00-6:00	Tuesdays 9/8-10/6 M,T,R 10/7-10/30 Baseball Fields	
Soccer	4:00-6:30	Monday/Wednesday /Friday Soccer Field	
Softball	Multiple Times	Maxwell Park Softball Field	