

Practice Times and Locations-

Boys Soccer- (All Levels)

8/9 & 8/10- 6:00-9:00 AM- Normal West Soccer Field

Football- (All Levels)

8/9-8/13- 4:00-7:00 PM- Normal West Practice Fields

Girls Swim- (All Levels)

8/9-8/14- 8:00-10:30- Normal West Pool

bring: Suit, Goggles, Gear Bag, Towels, Dryland Clothes, Tennis Shoes

Boys Golf- (all levels)

8/10- 9 Holes- 11:00- Ironwood GC

8/11- 18 Holes- 11:00- Ironwood GC

Girls Golf- (All Levels)

8/10- 9 Holes- 10:45- Ironwood GC

Boys & Girls Cross Country- (All Levels)

8/9-8/14- 7:30-9:30- AM- Meet at Swim Pool Atrium

Girls Tennis- (All Levels)

8/9- 8:00-10:00 AM Normal West Tennis Courts

Volleyball- (All Levels)

8/9-8/11- 8:00-11:00 AM NCWHS North Gym