

High School Practices	
Team	Mon-Fri typical schedule Coach's will communicate if different
Football	4:30-6:30 PM (V, JV)
Girls Soccer	3:30-5:00 PM (V) 4:45-6:15 PM (JV)
Boys Soccer	4:00-6:00 PM (V, JV)
Field Hockey	4:30-6:30 PM
Cross Country	3:30-5:00 PM
Cheer	4:00-5:45 PM (M, T, W, F) <i>no practice on Thurs.</i>
Bass Fishing	Saturdays 8:00-11:00 AM at John Guilmette Access in S. Hero
Golf	3:30-5:30 PM at Arrowhead Golf Course