

Spring Sports

- Unless Home games are played on the same day at the same location

Middle School Basketball

Middle School Boys Practice dates: Start Date 2/27

Monday (Share 3:30-5:30)

Tuesdays (off) – Potential Away Games

Wednesday 1:10- 3:00 – Potential Home games

Thursdays -3:30- 5:30

Friday – Off – potential away games

Middle School Girls Practice dates: Start date 2/27

Mondays (Share 3:30- 5:30)

Tuesday -3:30 to 5:30 pm (potential home games)

Wednesday – off – potential away games

Thursday – potential away games

Friday 3:30-5:30 – potential home games

High School Baseball (Throwing and Field 4:15 -5:30) (hitting 3:15-4:15)

Hitting Thursdays (3:15 -4:00 pm) Starting 1/19/2023

Fielding / Throwing Mondays 5:00 to 6:00 pm 1/23/2023.

First Day of official Practice 2/27

Mondays- 3:15-5:30

Tuesdays- 3:15 -5:30

Wednesday – 1:15 -1:45 – Lift 1:45 -3:00 hit

Thursday – 3:15- 5:30 – Field 3:15-4:30 – Hit from 4:30 – 5:00

Friday 3:15- 5:00

High School Softball *(In season Throwing and Field 3:15 -4:15) (hitting 4:15-5:00)*

Info Meeting 1/30 – Gymnasium after school 3:00 pm

Hitting (3:30 -4:30 pm) Starting 2/6/2023 – Monday 3:30-4:30

Fielding / Throwing Starting 2/08/2023 Thursday 3:30 to 4:30 pm- continue till the official start date.

1st day of Practice 2/27/23

Monday -3:15-5:15

Tuesday 3:15 -4:15 throwing – 4:15 -5:15 hitting.

Wednesday – 1:15-2:30 – field work

Thursday -3:30 Hitting and then Weights @ 4:30 -5:15

Friday 3:15-5:15

Track and Field -First day of Practice 2/13 after school

Monday – 3:15- 5:00 pm

Tuesday 3:15-5:00 pm – Field from 4:30 to 5:00 (soccer is in weight room)

Wednesday – 1:00 -2:00 (multi-sport athletes)

Thursday 3:15-5:00 Field use 4:30- 5:00 pm

Friday 3:15-4:30

Middle School Tennis – First start date will be Thursday 2/16 for MS Tennis.

Practice dates:

Monday 3:30 -5:30 pm

Tuesday 3:30 – 4:30 – Circuit Training

Thursday 3:30 -5:30 pm

Fridays 3:30 -5:30 pm

Matches Wednesdays and selected days by court rental!

High School Soccer

Open field practice starting 2/13(Monday & Wednesday & Thursday) 6:00 -8:00 pm

First day of Practice Tuesday 2/21

Mondays -3:15-5:30

Tuesday – 3:15- 5:00 (Lift 4:30 -5:00)

Wednesdays 1:15-3:00 (Turf) 1:15-1:45

Thursday – 3:15-5:30

Friday- 3:15-5:30