

ATHLETIC PRACTICE SCHEDULE

TEAM: _____ SEASON: FALL 2024 COACH: _____

Monday	3:30 PM - 5:30 PM	Conditioning & Fundamentals	<i>Main Gymnasium</i>
Tuesday	3:30 PM - 5:00 PM	Offensive Drill Rotations	<i>Practice Field B</i>
Wednesday	4:00 PM - 6:00 PM	Defensive Strategy & Film	<i>Team Room / Court</i>
Thursday	3:30 PM - 5:30 PM	Full Squad Scrimmage	<i>Main Stadium</i>
Friday	3:30 PM - 4:30 PM	Special Teams & Walk-thru	<i>Main Gymnasium</i>
Saturday	9:00 AM - 11:00 AM	Optional Skills Clinic	<i>Auxiliary Gym</i>

COACHES' NOTES & REQUIRED GEAR:

Student-athletes must maintain a minimum 2.0 GPA to remain eligible for competition.