

# MIDDLE SCHOOL SPORTS PRACTICE SCHEDULE

Season: Fall 2024 Last Updated: September 01 School: Westwood Academy

## *EQUIPMENT / NOTES*

### **Monday**

3:30 PM - 5:00 PM	Soccer (Boys/Girls)	North Field	Cleats, shin guards, and water bottle required.
3:45 PM - 5:15 PM	Volleyball	Main Gym	Knee pads and indoor court shoes.

### **Tuesday**

3:30 PM - 4:45 PM	Cross Country	Track / Trail	Meet at the bleachers. Bring light snacks.
4:00 PM - 5:30 PM	Basketball	Main Gym	Drill focus day. Hydration tablets provided.

### **Wednesday**

***EQUIPMENT / NOTES***

3:30 PM - 5:00 PM	Soccer (Boys/Girls)	North Field	Scrimmage day. Bring both jerseys (Home/Away).
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3:45 PM - 5:15 PM	Cheerleading	Small Gym	Mat setup starts at 3:30 PM.
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**Thursday**

3:30 PM - 4:45 PM	Cross Country	Track / Trail	Timed 2-mile run. Pre-race strategy meeting.
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4:00 PM - 5:30 PM	Volleyball	Main Gym	Team photo day; wear full uniform.
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**Friday**

3:30 PM - 4:30 PM	All Sports	Film Room	Study hall and video review only. No physical practice.
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Note: Schedule is subject to change due to weather conditions. Check the school portal for real-time alerts.