

# MIDDLE SCHOOL ATHLETICS PRACTICE SCHEDULE

Team: [Insert Team Name] Season: [Insert Season/Year] Coach: [Insert Name]

<b>DAY</b>	<b>TIME</b>	<b>ACTIVITY / FOCUS</b>	<b>LOCATION</b>
<b>Monday</b>	<b>3:30 - 5:00 PM</b>	Conditioning & Core Drills	<i>Main Gym</i>
<b>Tuesday</b>	<b>3:30 - 5:00 PM</b>	Skill Development & Tactical Play	<i>Practice Field B</i>
<b>Wednesday</b>	<b>7:00 - 8:00 AM</b>	Optional Open Gym / Shooting	<i>North Gym</i>
<b>Thursday</b>	<b>3:30 - 5:00 PM</b>	Scrimmage & Strategy Review	<i>Main Gym</i>
<b>Friday</b>	<b>3:30 - 4:30 PM</b>	Game Prep & Stretching	<i>Practice Field A</i>

## **Important Notes:**

- Please arrive 15 minutes early for warm-ups.
- Bring a refillable water bottle and appropriate footwear.
- Schedule is subject to change based on weather or school events.