

# MIDDLE SCHOOL PRACTICE SCHEDULE

Season: Fall 2024 Coach: Template Example Updated: Oct 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>3:30 PM - 5:00 PM</b> <i>Main Gym</i>	<b>3:45 PM - 5:15 PM</b> <i>North Field</i>	<b>3:30 PM - 4:45 PM</b> <i>Outdoor Track</i>	<b>3:30 PM - 5:00 PM</b> <i>Main Gym</i>	<b>3:45 PM - 5:15 PM</b> <i>North Field</i>	<b>9:00 AM - 10:30 AM</b> <i>Stadium</i>	<i>Rest Day</i>

## Important Reminders:

- Bring full water bottle and required safety gear to every session.
- Arrival 15 minutes prior to start time for warm-ups.
- Inclement weather updates will be sent via school app by 1:00 PM.