

MIDDLE SCHOOL ATHLETICS PRACTICE SCHEDULE

Fall / Winter / Spring Season 2024-2025

Student Name: _____ Coach: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basketball 3:30 - 5:00 PM <i>Main</i> <i>Gym</i>	Track 3:45 - 5:15 PM <i>Outdoor</i> <i>Track</i>	Basketball 3:30 - 5:00 PM <i>Main Gym</i>	Track 3:45 - 5:15 PM <i>Outdoor</i> <i>Track</i>	Weight Room 3:30 - 4:30 PM <i>Fitness</i> <i>Center</i>

IMPORTANT REMINDERS:

- Ensure all physical exam forms are submitted to the nurse.
- Bring a refillable water bottle and proper athletic footwear.
- Late bus departs from the front circle at 5:30 PM sharp.
- In case of rain, outdoor sports will move to the Aux Gym.

School District Athletics Department â€¢ Official Practice Document