

## New Practice Schedule Starting Nov 5th

### Monday

3-4:15 Mandatory study hall for F/S and JV teams room 60S.  
Varsity team is optional unless you have any D's or F's.

4:30-6:30 Practice

### Tuesday

3-4:15 Mandatory study hall for Varsity room 60S.

3-4:30 Practice for F/S and J/V

4:30-6:30 Varsity practice

### Wednesday

3-4:15 Mandatory Lifting South

4:30-6:30 Practice

### Thursday (Until Duals Start)

3-4:30 Technique Practice

4:30-6:30 Practice

### Friday

3-4:15 Mandatory Lifting South

4:30-6:30 Practice