

**After school Practice Plan - 11.02.2009 - 11.06.2009**

<b>Monday</b> <b>11.02.2009</b>	<b><u>Varsity</u></b>	<b><u>JV Blue</u></b>	<b><u>JV Silver</u></b>	<b><u>9th Blue</u></b>	<b><u>9th Silver</u></b>
2:45 - 3:15		Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials
3:15 - 3:30	Study Hall/Tutorials	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)
3:30 - 5:15	Film	Practice	Practice	Practice	Practice
5:15 - 5:30		Conditioning	Conditioning	Conditioning	Conditioning

<b>Tuesday</b> <b>11.03.2009</b>	<b><u>Varsity</u></b>	<b><u>JV Blue</u></b>	<b><u>JV Silver</u></b>	<b><u>9th Blue</u></b>	<b><u>9th Silver</u></b>
2:45 - 3:15	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials
3:15 - 3:30	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)
3:30 - 5:15	Practice	Practice	Practice	Practice	Practice
5:15 - 5:30	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning

<b>Wednesday</b> <b>11.04.2009</b>	<b><u>Varsity</u></b>	<b><u>JV Blue</u></b>	<b><u>JV Silver</u></b>	<b><u>9th Blue</u></b>	<b><u>9th Silver</u></b>
2:45 - 3:15	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials
3:15 - 3:30	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)	Pre Practice (Specialties)
3:30 - 5:15	Practice	Practice	Practice	Practice	Practice
5:15 - 5:30	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning

<b>Thursday</b> <b>11.05.2009</b>	<b><u>Varsity</u></b>	<b><u>JV Blue</u></b>	<b><u>JV Silver</u></b>	<b><u>9th Blue</u></b>	<b><u>9th Silver</u></b>
2:45 - 3:15	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials	Study Hall/Tutorials
3:15 - 3:30	Pre Practice (Specialties)	Game vs. Cy Springs 6:00 @ CSHS	Game vs. Cy Springs 6:00 @ CSHS	Game vs. Cy Springs 7:00 @ CCHS	Game vs. Cy Springs 5:00 @ CCHS
3:30 - 5:15	Practice				
5:15 - 5:30	Conditioning				

<b>Friday</b> <b>11.06.2009</b>	<b><u>Varsity</u></b>	<b><u>JV Blue</u></b>	<b><u>JV Silver</u></b>	<b><u>9th Blue</u></b>	<b><u>9th Silver</u></b>
2:45 - 3:15	Study Hall/Tutorials No Practice Go Home after school	Study Hall/Tutorials No Practice Go Home after school	Study Hall/Tutorials No Practice Go Home after school	Study Hall/Tutorials No Practice Go Home after school	Study Hall/Tutorials No Practice Go Home after school

\*\*\*\* Please note that this is just a plan. Circumstances beyond our control may dictate a change in beginning or ending times.