

Game Week Practice Schedule

Varsity

Monday: Defense watches tape @ 7am
Practice 3:30-6:00pm
Lift after practice till around 7pm (Early release people lift 8th hour)

Tuesday: Offense watches tape @ 7am
Practice 3:30-6:30pm
Defense stays after practice to watch tape till 7:30pm

Wednesday: Everyone watches tape @ 7am
Practice 3:30-6:30pm
Offense stays after practice to watch tape till 7:30pm

Thursday: Seniors meet with Coach K at 7am
Practice 3:30-5:45pm
Team Dinner 6pm

Friday: Nothing in the morning
Mass right after school
Game

Saturday: Lift @ 8am // If we win you will be done after lifting if not we will be done at 10am.

Sophomores

Monday: Lift @ 3pm
Practice 3:45-6:45pm

Tuesday: Practice 3:30pm-6:30pm

Wednesday: Practice 3:30-6:30pm

Thursday: Practice 3:30-6:15pm

Friday: Game

Saturday: Lift @ 9:30-10:30am // If you win this is all you have if you loose you will come in at 8am.