

Fall 2022 Practice Schedule

Sport	Day	Time	Notes
Baseball	Monday-Friday	9-12:30pm	
M. Golf	Monday-Friday	6-9am	
M. Lacrosse	Monday-Friday	11:30-2:30pm	
M. Tennis	Monday-Friday	7-9am	
M. Water Polo	Tuesday-Friday	6-10:30am	Monday is off day
Swim & Dive	Monday-Friday	6-8am	
	Monday-Friday	1-4pm	
Bowling	Monday & Tuesday	9:00 PM	
Fencing	Monday-Friday	6-9am	
Field Hockey	Tuesday-Sunday	9-11am	Monday is off day
W. Golf	Monday-Friday	6-9:30am	
W. Lacrosse	Monday-Friday	8:30-10:30am	
Soccer	Tuesday-Friday	6-9am	Monday is off day; Thursday is game day; No classes after 12pm on Fridays if possible
Softball	Monday-Friday	2:45-5:45pm	
W. Tennis	Monday-Friday	7-9am	
Triathlon	EXTREMELY TENTATIVE - see below		
W. Water Polo	Tuesday-Friday	9-10am; 11:15-1pm	Monday is off day
Football	Tuesday-Friday	2:30-6:30pm	Monday is off day
W. Basketball	Monday-Friday	6-10am	
M. Basketball	Monday-Friday	10-1pm	
Track & Field	Distance: Mon & Weds	7-9am	
	Distance: Tues, Thurs, Fri	1-3pm	
	Jumpers: Monday-Friday	7:30-9:30am	
	Throwers: Monday-Friday	4-5:50pm	
What Triathlon did in Fall 2021 - a new coach will be coming in, so this could change			
Monday: 7-11am (7-9 run & lift, 9-11 swim endurance)			
Tuesday: 10:30am - 11:30am (swim) & 4:30-5:30 (bike)			
Wednesday: 7-9 & 1-2 (option swim w/ swim team)			
Thursday: 7:30 - 8:30 (run) & 10:30-11:30am (Swim)			
Friday: 10:30 - 11:30am (swim) & 12-2 (bike)			