

Fall 2023 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	View notes below	View notes below	
Bowling	Monday & Tuesday	9:00 PM	
Fencing	Monday-Friday	6-9am	Green Court - Side of main courts.
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-Thursday	6-9am	Monday is off day
	Friday	4-7pm	
Softball	Monday-Friday	2:45-5:45pm	
W. Tennis	Monday-Friday	7-9am	
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	
Triathlon	Monday	7-11am	Monday-Thursday swim portion 7-8am
	Tuesday	10:30-11:30am; 4:30-5:30pm	Friday 6-8am swim portion
	Wednesday	7-9am; 1-2pm	
	Thursday	7:30-8:30am; 10:30-11:30am	
	Friday	10:30-11:30am; 12-2pm	
<b>SWIM &amp; DIVE</b>			
Monday-Thursday			
Morning: 5:30-7am - students required to attend 2 of these sessions a week			
Afternoon			
1pm - 4:30pm - this time frame is split into two groups. Student-athletes are only required to attend one session (either group 1 or group 2) every day.			
1pm - 2:45pm - group 1			
2:45-4:30pm - group 2			
Friday			
12-4pm			