

Spring 2024 Practice Schedule			
Sport	Day	Time	Notes
Baseball	Monday-Thursday	1pm-3:30pm	Thursdays and Fridays are travel and competition days. There will be several midweek games on Tuesdays and Wednesdays.
M. Golf	Monday-Friday	2:30-5:30pm	
M. Lacrosse	Monday-Friday	11:30am-2pm	
M. Tennis	Monday-Friday	12pm-2pm	This is depending upon the court availability at CSI, but this is the time the team hopes to practice.
M. Water Polo	Monday-Friday	9am-10am & 11:15am-1pm	
Cheer	Monday-Friday	4:30pm-7pm	
Bowling	Monday & Wednesday	11am-1pm	
Fencing	Monday-Wednesday	6am-9am	
	Tuesday	6pm-9pm	
	Thursday	6:30pm-8:30pm	
W. Lacrosse	Monday-Friday	8:30am-11am	
Soccer	Monday-Friday	6am-9am	
Softball	Monday-Friday	2:30pm-5:30pm	
W. Tennis	Monday-Friday	7am-9am	
W. Water Polo	Tuesday-Friday	6am-10:45am	Monday is off day
Football	Monday-Friday	2:30-5:30pm	
W. Basketball	Monday-Friday	6am-10am	
M. Basketball	10am-1pm	Monday-Friday	
Track & Field: Jumpers/Sprinters	Monday-Friday	7am-9:30am	
Track & Field: Throwers	Monday-Friday	4pm-6pm	
Triathlon	Monday	8am-9am	OFF WEDNESDAYS
	Tuesday & Thursday	10:30am-11:30am	
	Friday	6am-7am	
Swim & Dive	Monday-Thursday	6am-8am; CHOICE OF 1pm-2:20pm practice OR 2:20pm-3:40pm	Swim student-athletes are able to pick which 2nd practice of the day they will attend
	Friday	Women 12pm-2pm; Men 2pm-4pm	Lift is 8am-9am