

**WINTER JV/VARSITY SPORTS PRACTICE SCHEDULE - Week of 11/6/2017**

	Mon 11/6	Tues 11/7	Wed 11/8	Thurs 11/9	Fri 11/10	Sat 11/11		Mon 11/13	Tues 11/14	Wed 11/15
<b><u>Cheerleading - Varsity</u></b>	No Practice	Tryouts/ Practice 6-8:30 pm @ Nassau	No Practice	Tryouts/ Practice 6-8:30 pm @ Nassau	Tryouts/ Practice 6-8:30 pm @ Nassau	No Practice		No Practice	Tryouts/ Practice 6-8:30 pm @ Nassau	No Practice
<b><u>Indoor Track</u></b>	No Practice	No Practice	No Practice	No Practice	No Practice	No Practice		3-4:30 pm @ SHS Auditorium	3-4:30 pm @ SHS Auditorium	3-4:30 pm @ SHS Auditorium
<b><u>Boys Basketball - JV</u></b>	Tryouts/ Practice 3-4:30pm @ SHS Gym	Tryouts/ Practice 3-4:30pm @ SHS Gym	Tryouts/ Practice 8-9:30pm @ SHS Gym	Tryouts/ Practice 3-4:30pm @ SHS Gym	Practice 2-4pm @ SHS Gym	Practice 10-12pm @ SHS Gym		Practice 3-4:30pm @ SHS Gym	Practice 3-4:30pm @ SHS Gym	Practice 8-9:30pm @ SHS Gym
<b><u>Boys Basketball - Varsity</u></b>	Tryouts/ Practice 7:30-9:30pm @ SHS Gym	Tryouts/ Practice 8-9:30pm @ SHS Gym	Tryouts/ Practice 6:30-8pm @ SHS Gym	Tryouts/ Practice 4:30-6:30pm @ SHS Gym	Practice 12-2pm @ SHS Gym	Practice 8-10-am @ SHS Gym		Practice 7:30-9:30pm @ SHS Gym	Practice 8-9:30pm @ SHS Gym	Practice 6:30-8pm @ SHS Gym
<b><u>Girls Basketball - JV</u></b>	Tryouts/ Practice 6-7:30pm @ SHS Gym	Tryouts/ Practice 4:30-6pm @ SHS Gym	Tryouts/ Practice 5-6:30 @ SHS Gym	Tryouts/ Practice 8-9:30pm @ SHS Gym	Practice 8-10am @ SHS Gym	Practice 2-4pm @ SHS Gym		Practice 6-7:30pm @ SHS Gym	Practice 4:30-6pm @ SHS Gym	Practice 5-6:30pm @ SHS Gym
<b><u>Girls Basketball - Varsity</u></b>	Tryouts/ Practice 4:30-6pm @ SHS Gym	Tryouts/ Practice 6-8pm @ SHS Gym	Tryouts/ Practice 3-5pm @ SHS Gym	Tryouts/ Practice 6:30-8pm @ SHS Gym	Practice 10am-12pm @ SHS Gym	Practice 12-2pm @ SHS Gym		Practice 4:30-6pm @ SHS Gym	Practice 6-8pm @ SHS Gym	Practice 3-5pm @ SHS Gym

Thurs 11/16	Fri 11/17	Sat 11/18
Tryouts/ Practice 6-8:30 pm @ Nassau	Tryouts/ Practice 6-8:30 pm @ Nassau	No Practice
3-4:30 pm @ SHS Auditorium	3-4:30 pm @ SHS Auditorium	
Practice 3-4:30pm @ SHS Gym	Practice 3-5pm @ SHS Gym	Practice 2-4pm @ SHS Gym
Practice 4:30-6:30pm @ SHS Gym	Scrimmage @ Brewster	Practice 12-2pm @ SHS Gym
Practice 8-9:30pm @ SHS Gym	Practice 5-7pm @ SHS Gym	Practice 8-10am @ SHS Gym
Practice 6:30-8pm @ SHS Gym	Practice 7-9pm @ SHS Gym	Practice 10am-12pm @ SHS Gym