

## **Junior High projected practice schedule per sport**

All junior high seasons will end around the end of October for Fall, Early February for winter, and early May for spring.

**Fall sports: volleyball, football, soccer, cheer, cross country, fall tennis**

**Winter sport: basketball**

**Spring sports: baseball, golf, track, and tennis**

### **Volleyball**

- Practice begins 8/7/17
- Practice 6:45 AM-8:15 AM Monday-Friday in the AARC. This schedule will stay the same even on homeschool days (exceptions will be game days and after the season gets going the coach may give a day off per week of practice)
- 8:15AM-8:40 AM Shower change get ready at school in locker room and eat breakfast
- Games days mostly Monday and Thursday

### **Football**

- Only 7<sup>th</sup> and 8<sup>th</sup> graders
- Practice will start 8/7/17
- Practice Monday and Wednesday after school 4:00pm-5:30pm at Northlakes Rugby field bus transportation provided to and from practice. The bus will not return to the school until after High school practice ends at 6:00.
- Practice Tuesday and Thursday at CH Collins 7 AM-9 AM
- Games on Friday there might be a few Saturday games if so we will practice on Friday

### **Cheer**

- Practice Thursday prior to home football games
- Practice held at the AARC
- Thursday 10:30 AM-12:00 PM
- Home games on Fridays

### **Cross Country**

- Practice starts 8/1/17
- Practice Monday, Wednesday 4:00-5:30 at Northlakes Park
- Practice Tuesday and Thursday 7:00 AM-9:00 AM at CH Collins
- Meets mostly on Saturday mornings

### **Basketball**

- Practice begins 11/6/17
- All practices held at the AARC
- 6:45 AM-8:15 AM Monday-Friday this schedule will stay the same even on homeschool days (exceptions will be game days and after the season gets going the coach may give a day off per week of practice)
- Games are Monday and Thursday- We will try to schedule away games on Monday and home games on Thursday
- 8:15 AM-8:40 AM Shower change get ready at school in locker room and eat breakfast

**Baseball**

- Only 7<sup>th</sup> and 8<sup>th</sup> graders
- Practice can start 1/15/18
- Not sure about practice time or place currently
- Games can be any day of the except Wednesday

**Golf**

- Practice can start 2/5/18
- Tuesday and Thursday only in February 9-11 AM
- Starting 3/5/18 Monday, Wednesday, Friday 4:00-6:00
- Matches mostly Tuesday and Thursday

**Track**

- Practice can start 2/5/18
- Monday, Wednesday, Friday practice at Northlakes Park 4-6:00 pm
- Tuesday and Thursday at Denton High School track 10am-12:00 pm
- Meets are normally on Monday afternoons

**Tennis and Fall Tennis**

- Fall tennis begins 9/5/17
- Fall tennis is for development and no matches
- Practice Monday-Friday 4-5:30 PM at TWU tennis courts
- Matches can be on any day but Wednesday