



Typical Week with Friday Varsity Game



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 am JV/V Arrive 6:45 am Team Lift / Meet 3:30 - 5:30 Practice 5:50 Pick Up	6:50 am JV/V Arrive 7:00 am Film 3:30 - 5:30 Practice 5:50 Pick Up	6:30 am JV/V Arrive 6:55 am Team Lift / Meet 3:30 - 5:00 Practice / Meet 5:20 Pick Up	7:45 am Film 8:00 am JV Uniform Vars 3:30 - 5:00 Practice 5:30 pm JV Games JV - slacks, button up and tie to school	7:25 JV Lift 7:00 pm V Game Varsity - slacks, button up and tie to school	8:00 am Treatment 9:00 am Film / Lift 12 pm Pick Up



Typical Week with Thursday Varsity Game



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 am JV/V Arrive 6:45 am Team Lift / Meet 3:30 - 5:30 Practice 5:50 Pick Up	6:50 am JV/V Arrive 7:00 am Film 3:30 - 5:30 Practice 5:50 Pick Up	6:30 am JV/V Arrive 6:55 am Team Lift / Meet 3:30 - 5:00 Practice / Meet 5:20 Pick Up 5:30 pm JV Games JV - slacks, button up and tie to school	7:00 pm V Game Varsity - slacks, button up and tie to school	7:25 JV Lift 3:20 - 4:00 Varsity Game Film	8:00 am Treatment 9:00 am Film / Lift 12 pm Pick Up