



# November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 V Vball Conf. 13- Possible Home Game	2 V Vball: 4pm-6pm	3 V Vball Conf. 13- Possible Home Game	4 V Vball: 4pm-6pm	5 V Vball: 10am-12pm
6	7 <b>Winter Sports Try-outs</b> G: 3:15-5:15pm (Main/Small) VB: 5:30-7:30pm (Main/Small)	8 <b>NO PRACTICES</b>	9 G: 3:15-5:15pm (Main/Small) VB: 5:30-7:30pm (Main/Small)	10 G: 3:15-5:15pm (Main/Small) VB: 5:30-7:30pm (Main/Small) Gymnastics: 7:30pm-9:30pm (Small)	11 <b>Home V Wrestling Scrimmage</b> VG: 3:15-5:15pm (Main) FG/JVG: 3:15pm-5:15pm (Small) VB: 5:15-7:15pm (Small) FB/JVB: 7:15-9pm (Small)	12 VG: 3pm-5pm (Main) VB: 5pm-7pm (Main)
13	14 VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> FG: 4:30-6:30pm @ LJ	15 VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> FG: 4:30-6:30pm @ LJ	16 VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> FG: 4:30-6:30pm @ LJ	17 <b>Fall Sports Awards</b> VG: 3:15-5pm (Main) VB: 5-6:15pm (Main) JVG: 3:15-5pm (Small) FB/JVB: 5-6:15pm <b>FG: 4:30-6:30pm @ LJ</b>	18 <b>GB: Scrimmage vs Garfield</b> VG: 3:15-5:15pm (Small) FB: 5:15-7:15pm (Small) JVB: 7:15-9pm (Small)	19 FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
20	21 <b>BB: Scrimmage vs McLean</b> VG: 3:15-5:15pm (Small) FG: 5:15-7:15pm (Small) JVG: 7:15-9pm (Small)	22 <b>GB: Scrimmage @ Stonebridge</b> VB: 3:15-5:15pm (Main) FB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small) JVB: 5:15-7:15pm (Small)	23 <b>2 HR Early Release</b> VG: 1:15-3:15pm (Main) VB: 3:15-5:15pm (Main) JVG: 5:15-7:15pm (Small) FG: 1:15-3:15pm (Small) FB: 3:15-5:15pm (Small) JVB: 5:15-7:15pm (Main)	24 <b>Thanksgiving Break No Practices</b>	25 <b>Thanksgiving Break</b> Practices TBA	26 <b>BB: Scrimmage vs Manassas Park</b> FG: 8-10am (Small) VG: 10-12pm (Small) JVG: 12-2pm (Small)
27	28 <b>Home JV Wrestling Meet</b> VG: 3:15-5pm (Small) JVG: 5-6pm (Small) VB: 6-7:45pm (Small) JVB: 7:45-8:45pm (Small) <b>FB: 4:30-6:30pm @ LJ (Gym#2)</b> <b>FG: 4:30-6:30pm @ LJ (Gym#1)</b>	29 BB: Game vs W-L GB: Game @ W-L	30 <b>Winter Parent/ Coaches Meeting</b> VG: 3:15-5pm (Main) VB: 5-6:15pm (Main) JVG: 3:15-5pm (Small) FB/JVB: 5-6:15pm <b>FG: 4:30-6:30pm @ LJ</b>			



# December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <b>VG: Game vs West Potomac @ Stuart</b> FB: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) JVG: 5:15-7:15 (Small) Gymnastics: 7:30-9:30pm (Small) <b>Track: 3:15-5:15pm (Small)</b> <b>FG: 4:30-6:30pm @ LJ</b>	<b>2</b> <b>VB: Game vs Chantilly @ Stuart</b> VG: 3:15-5:15pm (Main) FB: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) JVG: 5:15-7:15pm (Small) <b>FG: 4:30-6:30pm @ LJ</b>	<b>3</b> <b>VG: Game vs Eastern @ Stuart</b> <b>VB: Game vs Annandale @ Stuart</b> FG: 8-10am (Main) JVG: 10-12pm (Main) FB: 8-10am (Small) JVB: 10-12pm (Small)
<b>4</b>	<b>5</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVG: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> <b>FG: 4:30-6:30pm @ LJ</b>	<b>6</b> <b>GB: Game vs Mt. Vernon</b> <b>BB: Game @ Fairfax</b> <b>Track: 3:15-5:15pm (Small)</b>	<b>7</b> <b>Home V Wrestling Meet</b> VG: 3:15-5pm (Small) JVG: 5-6pm (Small) VB: 6-7:45pm (Small) JVB: 7:45-8:45pm (Small) <b>FB: 4:30-6:30pm @ LJ (Gym#2)</b> <b>FG: 4:30-6:30pm @ LJ (Gym#1)</b>	<b>8</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) FB/JVB: 7:15-8:45pm (Main) JVG: 5:15-7:15pm (Small) Gymnastics: 7:15-9:15pm (Small) <b>Track: 3:15-5:15pm (Small)</b> <b>FG: 4:30-6:30pm @ LJ</b>	<b>9</b> <b>GB: Game @ Potomac Falls</b> FB: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) <b>Track: 3:15-5:15pm (Small)</b>	<b>10</b> <b>VB: Game @ Oakton</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
<b>11</b>	<b>12</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> <b>FG: 4:30-6:30pm @ LJ</b>	<b>13</b> <b>BB: Game vs Edison</b> <b>GB: Game @ Edison</b> <b>Track: 3:15-5:15pm (Small)</b>	<b>14</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) <b>Track: 3:15-5:15pm (Small)</b> <b>FG: 4:30-6:30pm @ LJ</b>	<b>15</b> <b>GF/JV: Game vs TJ</b> <b>BF/JV: Game @ TJ</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small) Gymnastics: 5:15-7:30pm (Small)	<b>16</b> <b>VG/B: Game @ TJ</b> FB: 3:15-5:15pm (Main) JVG: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) <b>FG: 4:30-6:30pm @ LJ</b>	<b>17</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
<b>18</b>	<b>19 Winter Break</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small) <b>Track: 2-4pm (Small)</b>	<b>20 Winter Break</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small) <b>Track: 2-4pm (Small)</b>	<b>21 Winter Break</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small) <b>Track: 2-4pm (Small)</b>	<b>22 Winter Break</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small) <b>Track: 2-4pm (Small)</b>	<b>23 Winter Break</b> <b>No Custodians-Practices TBA</b>	<b>24</b> <b>No Practices</b>
<b>25</b>	<b>26 Winter Break</b> <b>No Custodians-Practices TBA</b>	<b>27 Winter Break</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small) <b>Track: 2-4pm (Small)</b>	<b>28 Winter Break</b> <b>Joe Cascio Holiday Tourney</b> FG: 8-10am (Small) FB: 10-12pm (Small) JVG: 12-2pm (Small) JVB: 2-4pm (Small)	<b>29 Winter Break</b> <b>Joe Cascio Holiday Tourney</b> FG: 8-10am (Small) FB: 10-12pm (Small) JVG: 12-2pm (Small) JVB: 2-4pm (Small)	<b>30 Winter Break</b> <b>Joe Cascio Holiday Tourney</b> FG: 8-10am (Small) FB: 10-12pm (Small) JVG: 12-2pm (Small) JVB: 2-4pm (Small)	<b>31</b> <b>No Practices</b>



# January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2 Winter Break</b> No Custodians-Practices TBA	<b>3</b> GB: Game vs Centreville BB: Game @ Centreville Track: 3:15-5:15pm (Small)	<b>4</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVG: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>5</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) FB/JVB: 7:15-8:45pm (Main) JVG: 5:15-7:15pm (Small) Gymnastics: 7:15-9:15pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>6</b> FB/FG/JVG: Game vs Marshall JVB/VG/VB: Game @ Marshall Track: 3:15-5:15pm (Small)	<b>7</b> FG: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FB: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
8	<b>9</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>10</b> FB/JVG/JVB: Game vs Stuart FG/VG/VB: Game @ Stuart Track: 3:15-5:15pm (Small)	<b>11</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>12</b> Home Gymnastics Meet VG: 3:15-5pm (Small) JVG: 5-6pm (Small) VB: 6-7:45pm (Small) JVB: 7:45-8:45pm (Small) FB: 4:30-6:30pm @ LJ (Gym#2) FG: 4:30-6:30pm @ LJ (Gym#1)	<b>13</b> FG/FB/JVG: Game vs Lee JVB/VG/VB: Game @ Lee Track: 3:15-5:15pm (Small)	<b>14</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
15	<b>16 MLK Holiday</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)	<b>17</b> BB: Game vs Wakefield GB: Game @ Wakefield Track: 3:15-5:15pm (Small)	<b>18</b> Home V Wrestling Meet VG: 3:15-5pm (Small) JVG: 5-6pm (Small) VB: 6-7:45pm (Small) JVB: 7:45-8:45pm (Small) FB: 4:30-6:30pm @ LJ (Gym#2) FG: 4:30-6:30pm @ LJ (Gym#1)	<b>19</b> GB: Game vs Edison BB: Game @ Edison Track: 3:15-5:15pm (Small) Gymnastics: 5:15-7:15pm (Small)	<b>20 Inauguration-No School</b>	<b>21</b> FB: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FG: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
22	<b>23</b> FB/JVB: Game vs TJ FG/JVG: Game @ TJ VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>24</b> VG/VB: Game vs TJ FB: 3:15-5:15pm (Main) JVG: 5:15-7:15pm (Main) JVB: 7:15-8:45pm (Main) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>25</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>26</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) FB/JVB: 7:15-8:45pm (Main) JVG: 5:15-7:15pm (Small) Gymnastics: 7:15-9:15pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>27</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 3:15-5:15pm (Small) JVB: 5:15-7:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>28</b> FG: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FB: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
29	<b>30</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>31</b> FB/FG/JVG: Game vs Marshall JVB/VG/VB: Game @ Marshall Track: 3:15-5:15pm (Small)				



# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>2</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>3 2 HR Early Release</b> FG/VG/VB: Game vs Stuart FB/JVG/JVB: Game @ Stuart Track: 3:15-5:15pm (Small)	<b>4</b> FG: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FB: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)
<b>5</b>	<b>6 Teacher Workday</b> FG: 8-10am (Main) VG: 10-12pm (Main) VB: 12-2pm (Main) FB: 8-10am (Small) JVB: 10-12pm (Small) JVG: 12-2pm (Small)	<b>7</b> JVB/VG/VB: Game vs Lee FG/FB/JVG: Game @ Lee Track: 3:15-5:15pm (Small)	<b>8</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>9</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) JVG: 7:15-8:45pm (Main) FB: 5:15-7:15pm (Small) JVB: 7:15-8:45pm (Small) Track: 3:15-5:15pm (Small) FG: 4:30-6:30pm @ LJ	<b>10</b> GB: Game vs Wakefield BB: Game @ Wakefield Track: 3:15-5:15pm (Small)	<b>11</b> VG: 10-12pm (Main) VB: 12-2pm (Main)
<b>12</b>	<b>13</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>14</b> VG/VB: Conf. 13 Game Track: 3:15-5:15pm (Small)	<b>15</b> VG/VB: Conf. 13 Game Track: 3:15-5:15pm (Small)	<b>16</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>17</b> VG/VB: Conf. 13 Game Track: 3:15-5:15pm (Small)	<b>18</b> VG: 10-12pm (Main) VB: 12-2pm (Main)
<b>19</b>	<b>20 President's Day Spring Sports Tryouts Begin</b>  VG/VB: Region 5A	<b>21</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>22</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>23</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>24</b> VG: 3:15-5:15pm (Main) VB: 5:15-7:15pm (Main) Track: 3:15-5:15pm (Small)	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>				