

Spring Sports Pre Season Gym Schedule

Monday beginning 3/18 /19

| Program | Practice | SAU | LHS Gym time | HSS Gym time | Wt Room time |
|---------|------------|-------|---------------|----------------------|---------------|
| BLax | | | 2:45 – 4:30pm | x | X |
| GLax | | | 4:30 – 6:00pm | not avail until 5:30 | 3:50 - 4:30pm |
| SB | | | 6:00 – 7:30pm | 545 – 7:15pm | x |
| BB | | | 7:30 – 9:15pm | 7:15 – 8:45pm | 3:10 - 3:50pm |
| Track | 3-5pm Café | 3-430 | x | | /430-630 |
| B Ten | | | x | | 2:30 - 3:10pm |

Tuesday

| | | | | | |
|-------|------------|------------|---------------|-----------------------|---------------|
| GLax | | | 2:45 – 4:30pm | 3:30 - 4:30pm | X |
| SB | | | 4:30 – 6:00pm | 4:30 - 6:00pm | 3:50 - 4:30PM |
| BB | | | 6:00 – 7:30pm | 6:00 – 7:30pm | x |
| BLax | | | 7:30 – 9:15pm | 7:30 – 9:15pm | 3:10 - 3:50pm |
| Track | 3-5pm Café | x(lifting) | x | 2:30 - 3:10PM/430-630 | |
| B Ten | | | x | | x |

Wednesday

| | | | | | |
|-------|------------|-------|---------------|----------------------|---------------|
| BB | | | 2:45 – 4:30pm | x | X |
| SB | | | 4:30 – 6:00pm | not avail until 5:30 | 3:50 - 4:30PM |
| GLax | | | 6:00 – 7:30pm | 545 – 7:15pm | |
| BLax | | | 7:30 – 9:15pm | 7:15 – 8:45pm | 3:10 - 3:50pm |
| Track | 3-5pm Café | 3-430 | x | | /430-630 |
| B Ten | | | x | | 2:30 - 3:10pm |

Thursday

| | | | | | |
|-------|------------|------------|---------------|-----------------------|---------------|
| SB | | | 2:45 – 4:30pm | x | X |
| BB | | | 4:30 – 6:00pm | not avail until 5:30 | 3:50 - 4:30pm |
| BLax | | | 6:00 – 7:30pm | 545 – 7:15pm | x |
| GLax | | | 7:30 – 9:15pm | 7:15 – 8:45pm | 3:10 - 3:50pm |
| Track | 3-5pm Café | x(lifting) | x | 2:30 - 3:10PM/430-630 | |
| B Ten | | | x | | x |

Friday

| | | | | | |
|-------|------------|-------|---------------|---------------|----------|
| BB | | | 2:45 – 4:30pm | 3:30-4:30pm | X |
| BLax | | | 4:30 – 6:00pm | 4:30 - 6:00pm | x |
| GLax | | | 6:00 – 7:30pm | 6:00 – 7:30pm | x |
| SB | | | 7:30 – 9:15pm | 7:30 – 9:15pm | x |
| Track | 3-5pm Café | 3-430 | x | | /430-630 |
| B Ten | | | x | | x |

Saturday

| | | | | | |
|-------|--|--|---------|--|--|
| BLax | | | 8-930 | | |
| GLax | | | 930-11 | | |
| SB | | | 11-1230 | | |
| BB | | | 1230-2 | | |
| Track | | | x | | |
| B Ten | | | x | | |

Athletes are not to be in either gym until it is their team's designated practice time.

No equipment should be out or used unless team coaching staff is present for supervision.

March 16 no gym in the am(youth baseball tryouts)

March 19th, 26th no HSS until 4pm

Track Field Event No Practice Mon, Mar 27 sau is available 3-430
 Tue, Mar 28

Spring Break

Monday, Tuesday, Wednesday of Spring Break

Program LHS Gym time 4/15-4/17

| | | | |
|-------|---------|--|--|
| BB | 8-930 | | |
| X | 930-11 | | |
| BLax | 11-1230 | | |
| GLax | 1230-2 | | |
| Track | 2-330 | | |
| | x | | |
| SB | 500-630 | | |

Thursday and Friday Spring Break 4/18-4/19

| | | | | | | |
|-------------|----------------|---------|------|-----------|------|-------------|
| Unavailable | book club sale | | hss | | sau | |
| Unavailable | book club sale | 8-930 | BLax | boys lax | BLax | not availal |
| Unavailable | book club sale | 930-11 | GLax | girls lax | GLax | not availal |
| Unavailable | book club sale | 11-1230 | BB | baseball | BB | not availal |
| Unavailable | book club sale | 5-630 | SB | softball | SB | not availal |
| | | 630-8 | x | x | | possibly a' |
| | | 9-Aug | x | x | | |

Saturday Spring break 20-Apr

| | |
|-------------|----------------|
| Unavailable | book club sale |
| Unavailable | book club sale |
| Unavailable | book club sale |
| Unavailable | book club sale |
| Unavailable | book club sale |
| Unavailable | book club sale |
| Unavailable | book club sale |

Athletes are not to be in either gym until it is their team's designated practice time.

No equipment should be out or used unless team coaching staff is present for supervision.

| | |
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| Athletics Spring Picture Day March 26th: <u>If we are practicing Outside</u> LHS Gym 215 V& jv baseball 230 jv softball 245 Boys lacrosse 3 Girls lacrosse 315 Outdoor Track 330 Boys tennis 345 Girls tennis 4 varsity & JV softball 415 | Athletics Spring Picture Day March 26th: If we are practicing INSIDE LHS Gym 215 Girls Varsity and JV lacrosse 230 Varsity & jv softball varsity softball 245 Girls tennis 3 Boys Lacrosse 315 Outdoor Track 330 Varsity & jv baseball |
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