**RIVERSIDE HIGH SCHOOL**

**SPRING PRACTICE ROTATION 2023**

Baseball, Softball, Tennis, and Track will practice on their fields/courts with no rotation.

PRCS moves on to the top grass field at 6:30pm.

Girls and Boys Lacrosse will practice with an early/late weekly rotation (4:40-6; 6-7:20 prior to spring break; 4:40-6:15; 6:15-7:50pm after spring break). Wednesdays—Girls Lacrosse will practice before school.

\*\*Lacrosse Game Days—soccer practices on the stadium field until 5:20. At 5:20, move to the grass practice fields (Belmont Ridge MS) to finish. The soccer team that is scheduled for the grass field (Belmont Ridge MS) that week will practice on the turf practice field until 6:15pm on the lacrosse game days.

\*\*Soccer Game Days—Girls Lacrosse may practice on the stadium field until 5:20. At 5:20, head to the grass practice field to finish. Move to the turf practice field after 6pm to finish if desired.

**SCHEDULE WHEN GRASS FIELDS ARE OPEN**

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| **WEEK #** | **DATES** | **STADIUM****STADIUM EARLY** | **GRASS FIELD****STADIUM LATE** | **EARLY TURF PRAC** | **LATE TURF PRAC OR****GRASS** |
| **1** | 2/20-2/24 | G SOC | B SOC | G LAX | B LAX (if stadium late)\*6:40 start |
| **2** | 2/27-3/3 | B SOC | G SOC | B LAX | G LAX (if stadium late)\*6:40 start |
| **3** | 3/6-3/10 | G SOC | B SOC | G LAX | B LAX (if stadium late)\*6:40 start |
| **4** | 3/13-3/17 | B SOC | G SOC | B LAX | G LAX |
| **5** | 3/20-3/24 | G SOC | B SOC | G LAX | B LAX |
| **6** | 3/27-3/31 | B SOC | G SOC | B LAX | G LAX |
|  | 4/1-4/9 | SPRING | BREAK | SPRING | BREAK |
| **7** | 4/10-4/14 | G SOC | B SOC | G LAX | B LAX |
| **8** | 4/17-4/21 | B SOC | G SOC | B LAX | G LAX |
| **9** | 4/24-4/28 | G SOC | B SOC | G LAX | B LAX |
| **10** | 5/1-5/5 | B SOC | G SOC | B LAX | G LAX |
| **11** | 5/8-5/12 | G SOC | B SOC | G LAX | B LAX |
| **12** | 5/15-5/19 | B SOC | G SOC | B LAX | G LAX |
| **13** | 5/22-5/26 | G SOC | B SOC | G LAX | B LAX |

**Spring Break** – Coaches, submit their practice times to the AD Office. We will make sure practice times work for everyone that week. **No Practice days are April 6-9**

**Saturdays**:

Girls Lacrosse—Stadium 8-10am

Boys Lacrosse—Practice Turf 8-10am

**TURF ONLY/ NO GRASS SPRING PRACTICE ROTATION 2023**

**\*\*GRASS** is too wet to play/practice, but turf is playable. Soccer programs will share half of the stadium field. Softball and baseball programs will share half of the stadium field. Saturdays—submit your requests to AD.

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|  | **PRACTICE TURF 4:30-6:15** | **STADIUM****4:30-6** | **STADIUM****6-7:30** | **STADIUM****7:30-9** |
| 2/20-2/24 | GLAX | BSOC/GSOC | BLAX | BB/SB |
| 2/27-3/3 | BLAX | GLAX | BSOC/GSOC | BB/SB |
| 3/6-3/10 | GLAX | BSOC/GSOC | BLAX | BB/SB |

**SPRING PRACTICE INDOOR ROTATION 2023**

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| **WEEK**  | **DATES** | Main4:15-6:15pm | Main6:15-8:15pm | Main8:15-10pm | Aux4:15-6:15pm | Aux6:15-8:15pm | Aux8:15-10pm |
| **1** | 2/20-2/24 | GLAX | BLAX | BSOC | SB | BB | GSOC |
| **2** | 2/27-3/3 | GSOC | GLAX | BLAX | BSOC | SB | BB |
| **3** | 3/6-3/10 | BLAX | BSOC | GLAX | BB | GSOC | SB |
| **4** | 3/13-3/17 | GLAX | BLAX | GSOC | SB | BB | BSOC |
| **5** | 3/20-3/24 | BSOC | GLAX | BLAX | GSOC | SB | BB |
| **6** | 3/27-3/31 | BLAX | GSOC | GLAX | BB | BSOC | SB |
|  | 4/3-4/7 | SPRING | BREAK | SPRING | BREAK |  |  |
| **7** | 4/10-4/14 | GLAX | BLAX | BSOC | SB | BB | GSOC |
| **8** | 4/17-4/21 | GSOC | GLAX | BLAX | BSOC | SB | BB |
| **9** | 4/24-4/28 | BLAX | BSOC | GLAX | BB | GSOC | SB |
| **10** | 5/1-5/5 | GLAX | BLAX | GSOC | SB | BB | BSOC |
| **11** | 5/8-5/12 | BSOC | GLAX | BLAX | GSOC | SB | BB |
| **12** | 5/15-5/19 | BLAX | GSOC | GLAX | BB | BSOC | SB |
| **13** | 5/22-5/26 | GLAX | BLAX | GSOC | SB | BB | BSOC |

\*\*\*Saturday Indoor Lacrosse practice will be 8-10 am and 10-12 in the main gym. Girls go early on odd weeks above. Boys go early on even weeks above.

\*\*\*Saturday Aux Gym—SB 8-10am, BB 10am-12

**Indoor Practice Schedule with two basketball teams in Regional Play**

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| **WEEK #** | **DATES** | Main630-9 am | Main430-630 pm | Main630-830 pm | Main830-10 pm | Aux430-6 | Aux6-730 | Aux730-9 | Aux9-1030 |
| **1** | 2/20-2/24 | BB | Basketball | Basketball | BSOC | BLAX | SB | GLAX | GSOC |
| **2** | 2/27-3/3 | BB | Basketball | Basketball | GSOC | BSOC | GLAX | BLAX | SB |
| **3** | 3/6-3/10 | BB | Basketball | Basketball | BLAX | SB | GLAX | GSOC | BSOC |

**Indoor Practice Schedule with one basketball team in Regional Play**

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| **WEEK #** | **DATES** | Main430-630 pm | Main630-8pm | Main8-930pm | Aux430-6 | Aux6-730 | Aux730-9 | Aux9-1030  |
| **1** | 2/20-2/24 | Basketball | BLAX | GLAX | GSOC | BSOC | BB | SB |
| **2** | 2/27-3/3 | Basketball | GLAX | BLAX | BB | SB | BSOC | GSOC |
| **3** | 3/6-3/10 | Basketball | BLAX | GLAX | SB | BB | GSOC | BSOC |

**Indoor Practice Schedule with a Home Basketball Game (Possibly 2/22, 2/24, 2/28)—School On Time**

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| **WEEK #** | **DATES** | Main4:30-5:45 | Main5:45-8:30 pm | Main8:30-10:30 pm | Aux4:30-6 | Aux6-7:30 | Aux7:30-9 | Aux9-10:30pm |
| **1** | 2/22, 2/24, 2/28 | GLAX | Basketball | BLAX | SB | BB | GSOC | BSOC |