

# **Basketball Practice times**

Middle school Boys

Monday and Friday- 2:15-3:00

Wednesdays- 3-4:00

JV BOYS – M, T, TH, FR 3-4:15

JV Girls - M, T, TH, FR 4-5:15

Varsity Girls - M, T, TH, FR 5:15-6:30

Varsity Boys - M, T, TH, FR 6:15-7:45

## **Cheer Practice times**

Varsity- Tuesdays and Thursdays- 3- 4:30

JV- Tuesday, Thursday, Friday- 3- 4:30