

VOLLEYBALL:

August 20th-24th, practice will be from 10a-12pm. August 27th-31st, practice will be from 3:30-5:30pm. Sept 4th – October 11th, 7th grade will practice in the morning from 7am-8:30am and 8th grade will practice in the afternoon from 3:30p-5:30p. Practice is Monday through Friday.

FLAG FOOTBALL:

August 20th-August 28th, practice will be from 3:00pm-5:00pm. August 29th-October 11th, practice will be from 3:30p-5:30pm. Practice is Monday through Friday. On the first day of practice, students will meet at the front of the school. If the student arrives after 3:10pm, they will need to head to the meadow. Students will need to purchase two mouth guards. They are sold in the business office for \$1 each or you can purchase on your own.

TACKLE FOOTBALL:

August 20th-October 17th, practice will be from 3:30pm-5:30pm. Practice is Monday – Friday. Practice will be at Kiggins field. Students must purchase two mouth guards. They are sold in the business office for \$1 each or you can purchase on your own.

CROSS COUNTRY:

August 20th-October 11th, practice will be from 3:30pm-5pm. Practice is Monday – Friday. If you are a VSAA student and are interested in participating, they will be waiting to go on long runs until 4:10p to allow you time to arrive.