

Sept 28th - Oct 17th Spring Sports (POD 1)

SPRING SPORTS

Tennis	A -3-4:15, B- 4:45 - 5:30
Golf	A- M, Th -3 Pm, B - Tu, Fri 3 PM
Track	A- MTh- 3- 4:30 B- Tu, Fri 3- 4:30
Baseball	A- M, Th and B - Tue, Wed 3:30 - 5:30
Boys Soccer	A- Tues 6-7:30, B -Wed 6- 7:30 Sat- A-12-1:30 B- 2- 3:30
Fastpitch - LMS	A-M, Th -6-7:30 ; B- Tu, Th 6-7:30; Wed- A- 5-6 and B 6:30 - 7:30
Dance	TBD

FALL

Volleyball	A - Mon 4:45- 6:00; B - Tu- 4:45- 6:00
Swim	On your own
Girls Soccer- LMS	A - M, Wed; B - Tu, Th, 6 - 7:30 PM
Football - CHS	See Coach for individual work
Cross Country	Workout individually

WINTER

Basketball Girls	A - M, Th- 3-4:30; B- Tu, Wed- 3- 4:30 Pm
Basketball Boys	A - M, Th 6 - 7-30; B - Tu, Wed 6- 7:30 PM
Wrestling - Loft	See Coach for details
Cheer	See Coach for individual work

Your 3 Week Pod is number 1 and sacred

Times and practices can change

Out of the 3 week Pod, Student Athletes must choose

Coaches communicate to make choice on non-sacred times

All voluntary

Follow All COVID-19 Guidelines, masks, social distancing, temp checks, ten (10) or less students must exit immediately

Positive COVID-19 Cases shut us down immediately

October 19th - Nov 7 Fall Sports (Pod 2)

SPRING SPORTS

Tennis	A- M 3- 4:30, B- Tu 3- 4:30
Golf	On own
Track	On own
Baseball	Positions 3:30 - 5 B Tu; A - Th
Boys Soccer	B - Tu- 5- 6:30, A- Th 5 - 6:30
Fastpitch - LMS	Tu 6 - 7:30
Dance	TBD

FALL

Volleyball	A- 3:00 -5 M Th, B- 3:00 - 5:00 Tu, Wed
Swim	Individually A and B Split days
Girls Soccer- LMS	A- M, -6-7:30PM, Th 3-4:30, Wed 3-4:15 ; B- Tu 6-7:30 Fri 3- 4:30, Wed 4:45- 6:30
Football - CHS	A- M, Th 3-5, B- Tu , Fri 3-5 Pm, Wed 3-5 TBD
Cross Country	

WINTER

Basketball Girls	A - M, Th-5-6:15; B- Tu, Wed -5- 6:15
Basketball Boys	A - M, Th 6-7:30; B -Tues, Wed - 6 - 7:30
Wrestling - Loft	
Cheer	Parkway- A - Mon, Th; B - Tu, Fri - 3- 5 PM

Nov 9 - Nov 28th - Winter Sports (Pod 3)

SPRING SPORTS

Tennis	Weather depending
Golf	On own
Track	On Own
Baseball	Positions 3:30 - 5 Tu, Th
Boys Soccer	A - M, Th, 3-4; B – Tu, Wed- 3-4 PM
Fastpitch - LMS	Tu 6 - 7:30
Dance	TBD

FALL

Volleyball	A - Tu 5- 6PM, B - Wed 5- 6Pm
Swim	On your own
Girls Soccer- LMS	A - M, Wed ; B -Tu, Th 6- 7:30 PM
Football - CHS	See Coach for Individual Work
Cross Country	

WINTER

Basketball Girls	A - M-3-5, Tu - 6:15 AM- 7:15, Wed- Varies, TH 3-4 PM, Fri 4:30 - 5:30: B - M-6:15 - 7:15 AM, Tu 3- 5 PM, Wed Varies, Thu- 4:30 - 5:30 Fri- 3-4
Basketball Boys	A - M- 6- 7:30, T- 6:15 AM-7:15 Wed- Varies, Th 6:15- 7:15 AM, Fri -6- 7:30 PM, B - M 6:15- 7:15 A - Tu- 6-7:30 Pm, Wed -Varies, Th- 6-7:30 PM, Fri 6:15 - 7:15 AM
Wrestling - Loft	Times will vary in afternoon and evening
Cheer	A- Mon , B- Thurs - 3- 5 PM