



FXW FALL ATHLETICS PRACTICE SCHEDULES

Cross Country

Season runs from Sept. 7 - Oct. 19

(All practices at Sedgwick & Locust)

Grades 4-8: 3:30-5 p.m. on Mondays and Wednesdays.

Volleyball

Season runs from Sept. 6 - Oct. 21*

***End of season varies based on team**

(All practices at the HNC Campus Gym)

Grade 4: 3:30-4:45 p.m. on Mondays / 4:45-6 p.m. on Tuesdays

Grade 5: 4:45-6 p.m. on Mondays / 3:30-4:45 p.m. on Tuesdays

Grade 6: 3:30-4:45 p.m. on Wednesdays and Thursdays

Grade 7: 6-7:15 on Mondays / 4:45-6 p.m. on Wednesdays

Grade 8: 6-7:15 on Tuesdays / 4:45-6 p.m. on Thursdays

Flag Football

Season runs from Sept. 6 - Oct. 27*

***End of season varies based on team**

(All practices at Sedgwick & Locust)

Varsity (Grade 8): 3:30-5:30 p.m. on Tuesdays and Thursdays

Junior Varsity (Grades 6 & 7): 3:30-5:30 p.m. on Tuesdays and Thursdays

Grades 4 & 5: 3:30-5 p.m. on Wednesdays.

Fall Basketball Training

Sessions run from Sept. 9 - Oct. 23

(All sessions at HNC Campus Gym)

Grades 6-8 boys: 3:30-4:45 p.m. on Fridays / 11 a.m. - 12:30 p.m. on Sundays

Grade 6-8 girls: 4:45-6 p.m. on Fridays / 12:30-2 p.m. on Sundays