



## **2023 FALL ATHLETICS PRACTICE SCHEDULES**

### **Cross Country**

(All practices at Sedgwick & Locust)

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

### **Volleyball**

(All practices at the HNC Campus Gym)

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

Grade 5: 3:30-4:45 p.m. on Tuesdays and Thursdays

Grade 6: 4:45-6 p.m. on Tuesdays and Thursdays

Grade 7: 4:45-6 p.m. on Mondays / 3:30-4:45 p.m. on Wednesdays

Grade 8: 6-7:30 p.m. on Tuesdays and Thursdays / 4:45-6 p.m. on Wednesdays

### **Flag Football**

(All practices at Sedgwick & Locust)

Grades 6-8: 3:30-5:30 p.m. on Tuesdays and Thursdays

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

### **Fall Basketball**

(All practices at the HNC Campus Gym)

Grade 6-8 Boys: 3:30-4:45 p.m. on Fridays / 10:30 a.m.-12 p.m. on Sundays

Grade 6-8 Girls: 4:45-6 p.m. on Fridays / 9 a.m.-10:30 a.m. on Sundays