

## 2010 High School Sports Practice Schedules:

### Volleyball

August 16	August 17	August 18	August 19	August 20
7 a.m.-Noon Taking a break from 9-10	7a.m.-Noon Taking a break from 9-10	7 a.m.-Noon. Taking a break from 9-10	7 a.m.-Noon Taking a break from 9-10	4 p.m. - 9 p.m. Taking a break from 6-7.
August 23	August 24	August 25		
4 p.m.- 9 p.m., Taking a break from 6-7.	4 p.m.- 9 p.m., Taking a break from 6-7.	First Day of School		

### Football

August 16	August 17	August 18	August 19	August 20
7 a.m.-Noon Taking a break from 9-10	7a.m.-Noon Taking a break from 9-10	7 a.m.-Noon. Taking a break from 9-10	7 a.m.-Noon Taking a break from 9-10	7 a.m.-Noon Taking a break from 9-10.
August 23	August 24	August 25		
TBA	TBA	First Day of School		

### Cross Country

August 16	August 17	August 18	August 19	August 20
7 a.m.	7a.m.	7 a.m.	7 a.m.	7 a.m.
August 23	August 24	August 25		
7 a.m.	7 a.m.	First Day of School		