

Practice schedule for spring sports

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Before School</u>	<u>Before School</u> Running practice at 7:30 am @ Uvic	<u>Before School</u> Basketball practice 7:15 am	<u>Before School</u> Running practice at 7:30 am at Cedar Hill	<u>Before School</u> Basketball practice 7:15 am
<u>Lunch</u> Long / Triple Jump Practice Badminton Practice Gr.6 boys and girls	<u>Lunch</u> Shot put / Discus Practice High Jump Badminton Practice Gr.7/8 Boys	<u>Lunch</u> Long /Triple Jump Practice Badminton practice Gr.7/8 girls	<u>Lunch</u> Shot put / Discus Practice Badminton practice All levels welcomed	<u>Lunch</u> High Jump
<u>After School</u>	<u>After School</u>	<u>After School</u> Field Hockey Practice @ Uvic	<u>After School</u> Field Hockey Game	<u>After School</u>