SPRINGS CHARTER SCHOOLS

Magnolia STUDENT CENTER

SUMMER PRACTICE SCHEDULE

MAY-JULY 2023

XC= CROSS COUNTRY VB=VOLLEYBALL

NO.	DATE	XC START TIME	XC END TIME	VB START TIME	VB END TIME
1	May 30	8:00am	10:00am	11:00am	1:00pm
2	May 31	8:00am	10:00am	11:00am	1:00pm
3	June 1	8:00am	10:00am	11:00am	1:00pm
4	June 5	8:00am	10:00am	11:00am	1:00pm
5	June 6	8:00am	10:00am	11:00am	1:00pm
6	June 7	8:00am	10:00am	11:00am	1:00pm
7	June 8	8:00am	10:00am	11:00am	1:00pm
8	June 12	8:00am	10:00am	11:00am	1:00pm
9	June 13	8:00am	10:00am	11:00am	1:00pm
10	June 14	8:00am	10:00am	11:00am	1:00pm
11	June 15	8:00am	10:00am	11:00am	1:00pm
12	June 19	8:00am	10:00am	11:00am	1:00pm
13	June 20	8:00am	10:00am	11:00am	1:00pm

Mandatory CIF dead period: **June 21-July 4.** No practices or communication will occur during this time.

Practices will resume July 10. Sports physicals due at this time.

NO.	DATE	XC START TIME	XC END TIME	VB START TIME	VB END TIME
14	July 10	8:00am	10:00am	11:00am	1:00pm
15	July 11	8:00am	10:00am	11:00am	1:00pm
16	July 12	8:00am	10:00am	11:00am	1:00pm
17	July 13	8:00am	10:00am	11:00am	1:00pm
18	July 17	8:00am	10:00am	11:00am	1:00pm
19	July 18	8:00am	10:00am	11:00am	1:00pm
20	July 19	8:00am	10:00am	11:00am	1:00pm
21	July 20	8:00am	10:00am	11:00am	1:00pm
22	July 24	8:00am	10:00am	11:00am	1:00pm
23	July 25	8:00am	10:00am	11:00am	1:00pm
24	July 26	8:00am	10:00am	11:00am	1:00pm
25	July 27	8:00am	10:00am	11:00am	1:00pm

Tryouts
TBA

**After the dead period, practice times may change. Coaches will reach out to you after the dead period with any updates.*

Questions? Email Coach Ray:
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