



## GYM PRACTICE SCHEDULE SEPT 22-26, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM TO 8:45 AM	7:15 AM TO 8:30 AM	7:00 AM TO 8:45 AM	7:00 AM TO 8:45 AM	7:00 AM TO 8:45 AM
Gym A:	Gym A:	Gym A: SG VBall	Gym A: JG VBall	Gym A:
		Gym B:	Gym B:	
Gym B:	Gym B:			Gym B:
3:20 TO 5:15	3:20 TO 6:30	3:20 TO 5:15	3:20 TO 5:15	5:00 TO 7:00
3:20 10 5:15	3:20 10 6:30	3:20 10 5:15	3:20 10 5:15	5:00 10 7:00
Gym A: Gr 8 Boys VBall	Gym A: Junior Boys VBall	Gym A: Gr 9 Girls VBall	Gym A: SB VBall	Gym A: U-VIC
Gym B: Vs. Isfeld	Gym B: Play Day	Gym B: Gr 8 Girls VBall	Gym B:	Gym B: Basketball
5, 5. 101 101 015.				Practice
				(Open to public)
				(Open to public)
5:15 TO 7:00		5:15 TO 7:00	5:15 TO 7:00	
Gym A: JG VBall		Gym A: JG VBall	Gym A: SG VBall	
Gym B: JB VBall		Gym B: JB VBall	Gym B:	
Gym B. JD V Dan		Gyiii B. JD V Daii		
7:00 TO 9:00	7:00 TO 9:00	7:00 TO 9:00	7:30 TO 9:00	7:00 TO 9:00
Gym A: SG VBall	Gym A: OPEN GYM	Gym A: OPEN GYM	Gym A:	Gym A:
Gym B: SB VBall	Gym B: BASKETBALL	Gym B: BASKETBALL	Gym B:	Gym B:
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<sup>\*</sup>Weightlifting club everyday after school from 3:15-5:00\*

COACHES: Please have all equipment from your practice off the floor before the end of your practice. Please inform other coaches if you are not using your practice time. Please forward your tournaments/games to me (<a href="mailto:travis.gorski@sd71.bc.ca">travis.gorski@sd71.bc.ca</a>) and Shannon Kay: <a href="mailto:shannon.kay@sd71.bc.ca">shannon.kay@sd71.bc.ca</a> so she can put them on the calendar.