



GYM PRACTICE SCHEDULE NOV 3 – NOV 7, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM TO 8:30 AM Gym A: Senior Boys Gym B: Bball	7:15 AM TO 8:30 AM Gym A: Senior Girls Gym B: Bball	7:00 AM TO 8:45 AM Gym A: SG VBall Gym B:	7:00 AM TO 8:45 AM Gym A: JG VBall Gym B:	11:00 am – 9:00 pm Junior Girls Volleyball North Islands
3:20 TO 5:15 Gym A: Gr 8 Boys VBall Gym B: Vs. Isfeld	3:20 TO 5:15 Gym A: SB VBall Gym B: SB VBall	3:20 TO 5:15 Gym A: JG VBall Gym B: SB VBall	3:20 TO 5:15 Gym A: Gr 8 Girls VBall Gym B: Gr 8 Boys VBall	
5:15 TO 7:00 Gym A: JG VBall Gym B: JB VBall	5:15 TO 7:00 Gym A: Junior Girls Gym B: Bball Tryouts	5:15 TO 7:00 Gym A: Junior Girls Gym B: Bball Tryouts	5:15 TO 7:00 Gym A: SG VBall Gym B: JB VBall	
7:00 TO 9:00 Gym A: SG VBall Gym B: SB VBall	7:00 TO 9:00 Gym A: Junior Boys Gym B: Bball Tryouts	7:00 TO 9:00 Gym A: Junior Boys Gym B: Bball Tryouts	7:00 TO 9:00 Gym A: SB/SG Gym B: Bball	

Weightlifting club everyday after school (Except Friday) from 3:15-5:00

Wrestling Monday and Wednesday in MPR 3:30 – 5:30. Fridays in GYM when space is available.

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 (travis.gorski@sd71.bc.ca) and Shannon Kay: shannon.kay@sd71.bc.ca so she can put them on the calendar.