



GYM PRACTICE SCHEDULE OCT 20-OCT 24, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM TO 8:30 AM Gym A: Gym B:	7:15 AM TO 8:30 AM Gym A: Gym B:	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:	9:00 am – 9:00 pm Gr 9 Girls Volleyball North-North Islands
3:20 TO 5:15 Gym A: Gr 8 Girls VBall Gym B: Vs. Port Alberni	3:20 TO 5:15 Gym A: SB VBall Gym B: Gr 9 Girls VBall	3:20 TO 5:15 Gym A: JG VBall Gym B: Gr 9 Girls 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: Gym B:	5:15 TO 7:00 Gym A: Gym B:	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: Senior Boys Gym B: BASKETBALL Tryouts	7:00 TO 9:00 Gym A: OPEN GYM Gym B: BASKETBALL	7:00 TO 9:00 Gym A: Gym B:	

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.