

2019 Summer HS Practice Schedule Overview

***DEAD WEEK: June 29-July 7/No Sports Contact Allowed**

***Fall Sport No Contact Period: Aug 5-Aug 11 (can do weight room only without any Fall sports coaches present)**

Weight Room: Monday, Tuesday, Thursday (May 28-Aug 9)

7:30-8:30am - HS/JH Girls

8:45-9:45am - HS/JH Boys

Specific Sports Schedules

HS Football: Practice Time - 10am-12pm

July/Aug Practices: Mon-Fri, July 8-12, July 22-26, July 29-Aug 3

*Please note no Football practices week of July 15-19

*Coach Troy Schenk/schenkt@stjosephchristian.com

HS Volleyball: Practice Time – 8:45-10:45am

May Practices: May 28, 30

June Practices/Games: Practice at SJCS & Games in Lathrop every Tuesday June 4, 11, 18 & 25

Practice only June 6, 13

Spike Out at East Buchanan June 14

July Practices: Mon-Fri, July 8-12, July 15-19, Tuesday, July 23

Possible Open Gyms: July 25 & Week of July 29

*Coach Erin Patrick/patricke@stjosephchristian.com

XC/Track: Practice Time – 7:30-9am, Wednesday's & Friday's

May Practices: May 29, 31

June Practices: June 5, 7, 12, 14, 19, 21, 26, 28

July Practices: July 10, 12, 17, 19, 24, 26, 31

August Practices: Aug 2

*Possibly will add two Saturday practices/ *Coach Lisa Olson/lolson_22@yahoo.com

Boys Basketball: Practice Time – 7am-8:30am, Mon/Tues/Thurs

May Practice: May 30

June Practices: June 3,4,6 (M,T,TH) June 10,11,13 (M,T,TH) June 17,18,20 (M,T,TH) June 24,25,27(M,T,TH)

Benton HS League Games: Tues & Thurs

May 30, June 4, 6, 11, 13, 18, 25, 27

Week of July 15-19: Help with Young Lions Boys Basketball Camps, 3-6pm

*Coach TBA

Girls Basketball: Practice Time – 8:45am-10:45am

May Practices: May 23, 24, 29, 31

June Practices: June 3,5,7 (M, W, F), June 10,12 (M, W), June 17,19-21 (M, W, Th, F) & June 24, 26-28 (M, W, Th, F)

July Practices: July 22,24,26

Benton HS League Games: Mon & Weds

June 3, 5, 12, 17, 24 & 26

Tri-County Basketball Day Tourn: Friday June 21st at Jamesport

Possible Open Gyms: Week of Aug 5-9

*Coach Erin Patrick/patricke@stjosephchristian.com

Baseball: Practice Time 9-10am, Hitting Practice Only

July Practices: Weds & Fri

July 10, 12, 17, 19, 24, 26

*Coach Andrew McDonald/mcdonalda@stjosephchristian.com

***Please note summer practices are highly encouraged! Please communicate well and in advance with your coach if you will miss practice for any reason.**

Thank you!