

2019 Summer JH Practice Schedule Overview

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

***Fall Sport No Contact Period: Aug 12-Aug 18 (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

JH Football: Practice Time - 10am-12pm

June Practices: None

July Practices: Mon-Fri, July 8-12, July 22-26, July 29-31

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

*Coach TBA

JH Volleyball: Practice Time – 1-4pm

June Practices: June 4, 11, 18, 20, 25 & 27

July Practices: Mon-Thurs, July 8-11, July 15-18, July 22-25 & July 29, 30

*Coach Amy Dubois/amy.dubois@live.com

JH 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

JH Boys Basketball: Practice Time – Varies

May Practices: May 21 at 6pm, May 23 at 6pm, May 28 at 4:30pm

June Practices: June 3 at 5pm, June 4 at 6pm, June 9 at ___pm, June 18 at 6pm,
June 25 at 6pm, June 27 at 6pm

Gower League Games: Wednesday's

May 29, June 5, June 19 & June 26

June 5th - South Holt Shoot Out (during the day)

June 12th - North Andrew Shoot Out (during the day)

June 13th - King City Shoot Out (during the day)

*Coach Jody Stewart/stewartj2@cintas.com

JH Girls Basketball: Practice Time – 12:45-2pm

May Practices: May 20-24 (M-F), May 29, 31 (W, F)

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

LeBlond League Games: Monday's, May 20th-June 24th (Time varies in evenings)

Wednesday June 5th South Holt Shootout (during the day)

Friday June 7th Leblond Shootout (during the day)

*Coach Kristina Wieners/wienersk@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!**