

# SPRING 2025 PRACTICE TIMES

UPDATED: OCTOBER 23

TEAM	PRACTICE TIMES	COORDINATOR
Baseball	M-F: 1:30-5:30. WEIGHTS: MWF 5:30-6:30 until February 16. M: 2:00 or 3:00, W: 5:30-6:30 after February 16.	Mel Sanders
M. Basketball	M-F: 2:00-6:00 (ideally out of class by 1:45 and starting after 6:30)	Mel Sanders/John Bruno
W. Basketball	M-F: 1:00-4:00	John Bruno
M. Cross Country	M: Off. T: 7:30-10:30am. W: 3:00-5:00. Th: 7:00-10:00am. F: 3:00-5:00.	Luz Alcala
W. Cross Country	M: Off. T: 7:30-10:30am. W: 3:00-5:00. Th: 7:00-10:00am. F: 3:00-5:00.	Luz Alcala
Field Hockey	TBD: M-F: 9:30-1:00 or 1:00-4:30 based on how the majority of schedules are looking.	Doug Coonrad
Football	M: 7:00-11:30am. T: 7:00-11:00am. W: 7:00-11:30am. Th: 7:00-11:00am and 5:00-6:00pm. F: 7:00-11:30am and 4:30-5:30pm.	Mel Sanders/John Bruno/Liz Tovar/Betsy Kern
M. Golf	Weights: MWF: 6:30am. Practice: M-F: 2:00-6:00.	Erin Castle
W. Golf	MTWThF: 8:00-12:00. Sat: Off. Weights: TThF: 6:30-7:30am.	Erin Castle
Gymnastics	MTThF: 8:00am-12:00pm. W: Off.	Betsy Kern
Rowing	MWThF: 3:45-6:15. WEIGHTS: MWF: 7:00-8:00am.	Luz Alcala
Soccer	M-F: No classes before 11:30am	Kara Park
Softball	Practice: Monday-Friday 1:30-5:00pm; Weights: MWF 5:00-6:00pm;	Greg Kindle
Swimming	MF: 6:00-8:00am and 2:30-4:30pm. TTh: 7:00-8:00am and 2:30-4:30pm. W: 2:00-4:30pm.	Doug Coonrad
Diving	MWF: 8:00-9:30am and 1:30-4:00pm. TTh: 1:30-4:30pm.	Doug Coonrad
Tennis	M-F: 12:30-4:30	Kara Park
M. Track	SEE ATTACHMENT	Anthony Embry
W. Track	SEE ATTACHMENT	Greg Kindle
Volleyball	M-F: 12:30-4:00	Doug Coonrad
M. Wrestling	M-F: 3:00-6:00	Doug Coonrad
W. Wrestling	MWF: 7:45-11:30AM. TTh: 9:30-11:30am.	Anthony Embry
Spirit Squad		Macy Anderson