

SPRING 2026 PRACTICE TIMES

UPDATED: OCTOBER 9

TEAM	PRACTICE TIMES	COORDINATOR
Baseball	M-F: 1:00-5:00	Trey Beckman
M. Basketball	M-F: 10:00-1:00	Mel Sanders/John Bruno
W. Basketball	M-F: 12:30-4:30	John Bruno
M. Cross Country	M: Off. T: 7:00-10:30am. W: 3:00-5:00pm. Th: 7:00-10:00am. F: 3:00-5:00pm.	Anthony Embry
W. Cross Country	M: Off. T: 7:00-10:30am. W: 3:00-5:00pm. Th: 7:00-10:00am. F: 3:00-5:00pm.	Greg Kindle
Field Hockey	M-F: 10:30-2:30	Doug Coonrad
Football	MWF: Practice until 11:30am. TTh: Practice until 11:00am. Th: 5:00-6:00pm. F: 4:30-5:30pm.	Mel Sanders/John Bruno/Liz Tovar/Betsy Kern
M. Golf	MWF: 6:30am strength & conditioning. 2:00-6:00pm practice. TTh: 8:00am-12:00 practice. Avoid Friday classes if possible.	Greg Kindle
W. Golf	MTWThF: 8:00-12:00. Sat: Off. Weights: TThF: 6:30-7:30am.	Greg Kindle
Gymnastics	MTThF: 8:00-12:00. W: Off.	Betsy Kern
Rowing	MWThF: 3:30-6:15. TTh: 7:00-8:30am. Weights - MWF: 7:00-8:00am.	Trey Beckman
Soccer	M-F: No classes before 11:30am	Kara Park
Softball	M-F: 1:00-5:00. Morning classes starting after 9:00 is preferred due to morning lifts.	Greg Kindle
Swimming	MF: 6:00-8:00am and 2:30-4:30pm. TTh: 6:30-7:30am and 2:30-4:30pm. W: 2:00-4:30pm.	Doug Coonrad
Diving	MWF: 8:00-9:30am and 1:30-4:00pm. TTh: 1:30-4:45pm.	Doug Coonrad
Tennis	M-F: 1:00-5:00	Kara Park
M. Track	SEE ATTACHMENT	Anthony Embry
W. Track	SEE ATTACHMENT	Greg Kindle
Volleyball	M-F: 1:00-4:00	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	Cheer - M-Th: 3:00-5:00. Weights: M-Th: 8:00-9:00am (pick two). Dance - TTh: 6:00-8:00pm.	Macy Anderson