

## 2017 Upper School Sports Weekly Schedule

Revised 5/22/17

SCHEDULES ARE SUBJECT TO CHANGE

	Mon. 5/29	Tues. 5/30	Wed. 5/31	Thurs. 6/1	Fri. 6/2	Sat. 6/3
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>						
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>						
<b>JV/Varsity Boys Basketball</b>				4:00-6:00 Weight Room	4:00-6:00 Weight Room	
<b>MS Girls Basketball</b>						
<b>Varsity Girls Basketball</b>						

	Mon. 6/5	Tues. 6/6	Wed. 6/7	Thurs. 6/8	Fri. 6/9	Sat. 6/10
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>		5:00-7:00 Pulaski Pike		5:00-7:00 ROC 501		
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>	4:00-5:00 ROC 501 5:00-6:00 Weight Room	Tournament @ Wallace State- TBD		4:00-5:00 ROC 501 5:00-6:00 Weight Room	4:00-5:00 ROC 501 5:00-6:00 Weight Room	
<b>JV/Varsity Boys Basketball</b>						
<b>MS Girls Basketball</b>		Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501		
<b>Varsity Girls Basketball</b>						

	Mon. 6/12	Tues. 6/13	Wed. 6/14	Thurs. 6/15	Fri. 6/16	Sat. 6/17
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>		5:00-7:00 ROC 502		5:00-7:00 ROC 501		
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>	4:00-5:00 ROC 501	4:00-5:00 ROC 501	4:00-5:00 ROC 501	4:00-5:00 ROC 501		
<b>JV/Varsity Boys Basketball</b>	5:00-6:00 Weight Room	5:00-6:00 Weight Room	5:00-6:00 Weight Room	5:00-6:00 Weight Room	Camp @ Alabama-TBA	
<b>MS Girls Basketball</b>		Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501		
<b>Varsity Girls Basketball</b>						

**\*\*Basketball Camp for 5<sup>th</sup> – 8<sup>th</sup> grade boys. MAY 19-22 -9:00-Noon**

	Mon. 6/19	Tues. 6/20	Wed. 6/21	Thurs. 6/22	Fri. 6/23	Sat. 6/24
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>		5:00-7:00 ROC 502		5:00-7:00 ROC 501		
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>	4:00-5:00 ROC 501	4:00-5:00 ROC 501	4:00-5:00 ROC 501	4:00-5:00 ROC 501	4:00-5:00 ROC 501	
<b>JV/Varsity Boys Basketball</b>	5:00-6:00 Weight Room	5:00-6:00 Weight Room	5:00-6:00 Weight Room	5:00-6:00 Weight Room	5:00-6:00 Weight Room	
<b>MS Girls Basketball</b>						
<b>Varsity Girls Basketball</b>						
<b>Softball</b>	5:00 – 7:00 (Tentative)	5:00 – 7:00 (Tentative)		5:00 – 7:00 (Tentative)	5:00 – 7:00 (Tentative)	

	Mon. 6/26	Tues. 6/27	Wed. 6/28	Thurs. 6/29	Fri. 6/30	Sat. 7/1
<b>Cross Country</b>						
<b>Swimming</b>	<b>ROC Closed to school activities for WINSHAPE CAMP</b>					Don't Forget to sign up for the 3 <sup>rd</sup> Annual I Love America Run
<b>MS Volleyball</b>						
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>						
<b>JV/Varsity Boys Basketball</b>						
<b>MS Girls Basketball</b>						
<b>Varsity Girls Basketball</b>						

	Mon. 7/3	Tues. 7/4	Wed. 7/5	Thurs. 7/6	Fri. 7/7	Sat. 7/8	
<b>Cross Country</b>							
<b>Swimming</b>	<b>ROC CLOSED 4<sup>th</sup> of July</b>						
<b>MS Volleyball</b>			4:00-5:30 ROC 501	5:00-7:00 ROC 501			
<b>Varsity Volleyball</b>							
<b>MS Boys Basketball</b>							
<b>JV/Varsity Boys Basketball</b>							
<b>MS Girls Basketball</b>					Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501	
<b>Varsity Girls Basketball</b>							

	<b>Mon. 7/10</b>	<b>Tues. 7/11</b>	<b>Wed. 7/12</b>	<b>Thurs. 7/13</b>	<b>Fri. 7/14</b>	<b>Sat. 7/15</b>
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>		5:00-7:00 ROC 502	4:00-5:30 ROC 501	5:00-7:00 ROC 501		
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>						
<b>JV/Varsity Boys Basketball</b>						
<b>MS Girls Basketball</b>		Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501		
<b>Varsity Girls Basketball</b>						

\*\* DEAD WEEK- July 17- 21- No Practices or Competitions

	<b>Mon. 7/24</b>	<b>Tues. 7/25</b>	<b>Wed. 7/26</b>	<b>Thurs. 7/27</b>	<b>Fri. 7/28</b>	<b>Sat. 7/29</b>
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>		5:00-7:00 Pulaski Pike	4:00-5:30 ROC 501			
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>						
<b>JV/Varsity Boys Basketball</b>						
<b>MS Girls Basketball</b>		Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501	Open Gym practice 9:00- 11:00 ROC 501		
<b>Varsity Girls Basketball</b>						
<b>Varsity Cheer</b>	10:00-12:00 ROC 502					

	<b>Mon. 7/31</b>	<b>Tues. 8/1</b>	<b>Wed. 8/2</b>	<b>Thurs. 8/3</b>	<b>Fri. 8/4</b>	<b>Sat. 8/5</b>
<b>Cross Country</b>						
<b>Swimming</b>						
<b>MS Volleyball</b>						
<b>Varsity Volleyball</b>						
<b>MS Boys Basketball</b>						
<b>JV/Varsity Boys Basketball</b>						
<b>MS Girls Basketball</b>						
<b>Varsity Girls Basketball</b>						
<b>Varsity Cheer</b>		2:00-4:00 ROC 502		1:30- 3:30 ROC 502		