

ATHLETICS AND ACTIVITIES (ATAC)

1st SEASON PRACTICE SCHEDULE SY 17-18 (Aug 14 - Oct 13, 2017)

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOCCKER (Last bus departs 4:55PM)					
Soccer HS Boys Varsity	3:05-4:50pm (HS Field)	3:05-4:50pm (HS Field)	Fitness	3:05-4:50pm (MS Field)	
Soccer HS Girls Varsity	3:05-4:50pm (MS Field)	Fitness	3:05-4:50pm (HS Field)	3:05-4:50pm (HS Field)	
Soccer HS Girls JV	3:05-4:50pm (MS Field)	3:05-4:50pm (MS Field)	3:05-4:50pm (ES Field)		
Soccer HS Boys Aspirants('02-'03)	3:05-4:50pm (HS Field)			3:05-4:50pm (HS Field)	3:05-4:50pm (HS Field)
Soccer MS Girls All Teams('04-'06)	3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)	
Soccer MS A1 (Born'04-05)			3:15-4:40pm (MS Field)		3:15-4:40pm (MS Field)
Soccer MS A2 (Born'04-'05)		3:15-4:40pm (MS Field)			3:15-4:40pm (MS Field)
Soccer MS C1(Born'06-'07)		3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)
Soccer MS C2(Born'06-'07)		3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)
Soccer ES C3 (Born'06-07)	2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)		
Soccer ES E1 (Born'08-'09)	2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)		
Soccer ES E2 (Born'08-'09)		2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)	
Soccer ES G1 and G2 (Born'10-'11)		2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)	
ES AFAC soccer for (non rifa players)					2:15-3:15pm (ES Field)
VOLLEYBALL (Last bus departs 4:55PM)					
Boys Volleyball Varsity	3:05-4:50pm (HS Gym)	3:05-4:50pm (HS Gym)		3:05-4:50pm (HS Gym)	3:05-4:50pm (HS Gym)
Girls Volleyball Varsity	3:05-4:50pm (MS Gym)	3:05-4:50pm (MS Gym)		3:05-4:50pm (MS Gym)	3:05-4:50pm (MS Gym)
JV Boys Volleyball	3:05-4:50pm (HS Gym)		3:05-4:50pm (HS Gym)		3:05-4:50pm (HS Gym)
JV Girls Volleyball	3:05-4:50pm (MS Gym)		3:05-4:50pm (MS Gym)	3:05-4:50pm (MS Gym)	
MS Volleyball Boys	3:15-4:40PM (Cov Crt)	3:15-4:40PM (ES Gym)			3:15-4:40PM (ES Gym)
MS Volleyball Girls Gold	3:15-4:40PM (ES Gym)		3:15-4:40PM (ES Gym)	3:15-4:40PM (ES Gym)	
MS Volleyball Girls Green	3:15-4:40PM (ES Gym)		3:15-4:40PM (ES Gym)	3:15-4:40PM (ES Gym)	
CROSS COUNTRY (Last bus departs 4:55PM)					
High School (meet HS track)	3:05-4:50PM	3:05-4:50PM		3:05-4:50PM	3:05-4:50PM
Middle School (meet HS track)	3:15-4:30pm		3:15-4:30pm		
ATAC ALL YEAR ROUND SPORTS TEAMS (Last bus departs 4:55PM)					
FITNESS CENTER	3:00-4:00PM (Fitness Gym Open For HS student use)				
JUDO		3:15-4:35pm (Judo Area)		3:15-4:35pm (Judo Area)	3:15-4:35pm (Judo Area)
TAEKWONDO	3:15-4:35pm (TKD Area)	3:15-4:35pm (TKD Area)		3:15-4:35pm (TKD Area)	
CHESS	3:15-4:35pm (ES Canteen)	3:15-4:35pm (ES Canteen)		3:15-4:35pm (ES Canteen)	
TABLE TENNIS	3:15-4:35pm (TT area at CCrt)	3:15-4:35pm (TT area at CCrt)		3:15-4:35pm (TT area at CCrt)	
WALLCLIMBING	3:15-4:35pm (MS Gym)	3:15-4:35pm (MS Gym)		3:15-4:35pm (MS Gym)	
AIKIDO	3:15 - 4:35PM (Aikido Area Lv 2)	3:15 - 4:35PM (Aikido Area Lv 2)		3:15 - 4:35PM (Aikido Area Lv 2)	
GYMNASTICS	3:10-4:45pm (MS Gym)		3:10-4:45pm (MS Gym)		3:10-4:45pm (MS Gym)
SAILFISH	SEE SAILFISH WEBSITE (saifish.ism-online.org) *for squad training days/times				