

ATHLETICS AND ACTIVITIES (ATAC)					
1st SEASON PRACTICE SCHEDULE SY 16-17 (Aug 11 - Oct 21, 2016)					
TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOCCER (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 (ES Field)		
Soccer HS Boys Aspirants('01-'02)	3:05-4:50pm (HS Field)			3:05-4:50pm (HS Field)	3:05-4:50pm (HS Field)
Soccer MS Girls All Teams('03-'05)	3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)	
Soccer MS A1 (Bom'03-04)			3:15-4:40pm (MS Field)		
Soccer MS A2 (Bom'03-04)		3:15-4:40pm (MS Field)			3:15-4:40pm (MS Field)
Soccer MS C1(Bom'05-'06)		3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)
Soccer MS C2(Bom'05-'06)		3:15-4:40pm (ES Field)			3:15-4:40pm (ES Field)
Soccer ES C3 (Bom'05-06)	2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)		
Soccer ES E1 (Bom'07-'08)	2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)		
Soccer ES E2 (Bom'07-'08)		2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)	
Soccer ES G1 and G2 (Bom'09-'10)		2:15-3:15pm (ES Field)		2:15-3:15pm (ES Field)	
ES AFAC Boys (non rifle players)					2:15-3:15pm (ES Field)
ES AFAC Girls Gr 3/4 soccer					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 (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		
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 Carlsen)	3:15-4:35pm (ES Carlsen)		3:15-4:35pm (ES Carlsen)	
TABLE TENNIS	3:15-4:35pm (TT area at CCr)	3:15-4:35pm (TT area at CCr)		3:15-4:35pm (TT area at CCr)	
WALL CLIMBING	3:15-4:35pm (MS Gym)	3:15-4:35pm (MS Gym)		3:15-4:35pm (MS Gym)	
SAILFISH	SEE SAILFISH WEBSITE (sailfish.lem-online.org)				
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)