

SOUTHWEST MN CHRISTIAN HIGH SCHOOL
Practice and Group Schedules
August 14-22

*** Students must have the MSHSL physical and aqua-colored two-sided form in before they will be allowed to practice.**

Volleyball:

Varsity

Monday, Tuesday, Wednesday, & Friday, August 14, 15, 16, & 18 7:30 AM to 10:00 AM and 12:00 PM to 1:30 PM
Thursday August 17 12:00 PM- 4:00PM
Monday, August 21 12:00 PM - 4:00PM

JV/Freshmen

Monday-Friday, August 14-18 10:00 AM to 12:00 Noon
Monday, August 21 10:00 AM-12:00 noon

SOCCKER:

Monday, August 14— JV – 8:30 AM- 10:30 AM, Varsity -- 6:00-8:30 PM

Varsity (Schedule subject to change)

Tuesday-Thursday, August 15-17 6:00-8:30 PM
Friday, August 18 7:00-9:00 AM
Monday August 21 6:00-8:30 PM

JV

Wednesday & Friday, August 16, 18 8:30 AM to 10:30 AM

CROSS COUNTRY:

All interested runners in grades 7-12 are asked to report at 7:30 on Monday, August 14. Further practice times will be given at the first practice.

TRAP SHOOTING

All students, both girls and boys, who are interested in joining our club, are asked to talk to either Marv Kuiper, or Ron Krosschell for information

SEQUEL:

All students, both girls and boys, who are interested in joining our Sequel staff are asked to meet from 12:00-1:00 PM on Wednesday, August 16.

MUSIC

Bel Canto

Monday August 14 & Tuesday August 15 at 2:00 PM- 3:00PM

Monday August 21 at 6:00 PM

One Accord

Wednesday, August 16 from 2:00 PM - 3:00 PM

Monday, August 21 at 7:00 PM

LEADERS FOR LIFE:

Tuesday August 15 5:00 PM to 6:00PM

Thursday August 17 5:00PM to 6:00PM

PLAYERS:

Tuesday August 15 6:00 PM to 7:00 PM

Thursday August 17 6:00 PM to 7:00PM

IMPACT TESTING

*** Impact testing takes roughly an hour***

Varsity Volleyball: Monday August 14 at 10:15 AM

JV/Freshmen Volleyball: Monday August 14 at 9:00 AM

Cross Country: Tuesday August 15 at 8:30 AM

Soccer grades 9-12: Wednesday August 16 at 4:30PM

Soccer grades 7 & 8: Wednesday August 16 at 10:30 AM