

SOUTHWEST MN CHRISTIAN HIGH SCHOOL
Practice and Group Schedules
August 13-20

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

Volleyball:

Varsity

Monday-Friday, August 13-17 8:00-10:00 AM and 12:30-2:30 PM

JV/Freshmen

Monday-Friday, August 13-17 10:00 AM to 12:00 Noon

SOCCKER:

Varsity (Schedule subject to change)

Monday, August 13th 7:00-9:30 AM

Tuesday-Thursday, August 14-16 6:00-8:30 PM

Friday, August 17th 7:00-9:00 AM

Monday, August 20 6:00-8:30 PM

JV

Monday (Aug. 13th), Wednesday & Friday 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 13. 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 Tuesday, Aug. 14 and Thursday, August 16.

MUSIC

One Accord

Monday, August 13 @ 3:00 PM

Tuesday, August 14 @ 2:00 PM

Monday, August 20 @ 7:00 PM

Bel Canto

Wednesday, August 15 @ 2:00 PM

Monday, August 20 @ 6:00 PM

LEADERS FOR LIFE:

Monday August 13th 7:00 PM to 8:30PM

Monday, August 20th 4:30 PM to 6:00PM

PLAYERS:

Wednesday August 15th 6:00 PM to 7:00 PM

Thursday August 16th 6:00 PM to 7:00PM

IMPACT TESTING

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

Varsity Volleyball: Monday, August 13th at 10:15 AM

JV/Freshmen Volleyball: Wednesday, August 15 at 9:00 AM

Cross Country: Monday, August 13th at 8:30 AM

Soccer grades 9-12: Wednesday, August 15 at 4:30PM

Soccer grades 7 & 8: Wednesday, August 15 at 10:30 AM

Non-Fall Athletes- Wednesday August 15 at 10:30 AM