

DECEMBER 2021

SOUTH FAYETTE SITE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Varsity AM: 7:00-8:40am PM: 2:45-6:00pm w/ lifting Junior 4:30-6:45pm Gold 4:30-6:15pm Silver 5:45-7:00pm Bronze 7:00-8:00pm	21 Varsity AM: 5:30-6:50am PM: MEET @ C.V. Junior 4:30-7:00pm w/ dryland Gold 4:30-6:30pm w/ dryland Silver 5:30-7:00pm w/ dryland Bronze 7:00-8:00pm	22 ½ day school Varsity AM: 10:45am- 2:00pm w/lifting Junior 12:45-3:00pm Gold 12:45-2:30pm Silver 1:45-3:00 Silver	23 No school Varsity AM: 7:30-10:30am w/dryland PM: 4:00-5:30pm Junior 10:00-12:30pm w/ dryland Gold/Silver/Bronze Christmas Practice! 12-1:30pm	24 No school Varsity AM: 7:30-10:30am w/ dryland Junior 10:15-12:30pm Gold 10:15-12:00pm	25 MERRY CHRISTMAS!! No practice
26 Varsity/Junior 7:30-10:30am *Optional	27 No school Varsity AM: 7:30-11:30am w/lifting & PM: 4:00-5:30pm Junior 10:15-12:30pm Gold 10:15-12:00pm Silver 11:15-12:30pm Bronze 12:15-1:30pm	28 No school Varsity AM: 7:30-10:30am w/dryland & PM: 4:00-5:30pm Junior 10:15-12:30pm Gold 10:15-12:00pm Silver 11:15-12:30pm	29 No school Varsity AM: 7:30-11:30am w/lifting PM: MEET @ W.A. Junior 10:15-12:30pm Gold 10:15-12:00pm Silver 11:15-12:30pm Bronze 12:15-1:30pm	30 No school Varsity AM: 7:30-10:30am w/dryland & PM: 4:00-5:30pm Junior 10:15-12:30pm Gold 10:15-12:00pm Silver 11:15-12:30pm	31 No school Varsity AM: 7:30-11:30am w/dryland Junior 10:15-12:30pm Gold 10:15-12:00pm Silver 11:15-12:30pm Bronze 12:15-1:30pm	January 1 Varsity 9:00am-12:00pm w/dryland Junior 12:00-2:00pm

***Monday, January 3 return to normal practice schedule.**