

PRACTICE SCHEDULE – Updated 11-10-15

September 9 to November 14--- Practice Schedule #1						
Senior Morning @ HHS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Girls Morning		Weights 6-7 AM		Cardio 6-7 AM	Weights 6-7 AM	
Boys Morning	Weights 6-7 AM	Cardio 6-7 AM		Weights 6-7 AM		
@Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior A	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	6:30-9:00
Senior B	5:00-6:00	5:00-6:30	5:00-6:00	5:00-6:30	4:30-5:45	
Silver 1	6:00-7:30	4:15-4:45 Dry Land 5:00-6:30	6:00-7:30	4:15-4:45 Dry Land 5:00-6:30	4:30-5:45	
Silver 2	4:15-4:45 Dry land 5:00-6:00	6:30-7:30	4:15-4:45 Dry Land 5:00-6:00	6:30-7:30	5:45-6:45	
@VISTA School	Monday	Tuesday	Wednesday	Thursday	FRIDAYS will be at the Derry Township Recreation Center on the Following Dates:	
Bronze	6:45-7:45	6:45-7:45	6:45-7:45	6:45-7:45	5:45-6:45	Sept. 11 Oct 9 Oct 30
Diamond 1	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Sept 18 Oct 16 Nov 6
Diamond 2	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Sept 25 Oct 23 Nov 13

Wednesday	September 23	No School	No Morning Practice	Senior A/B
Friday	October 2	Fitter Faster Clinic	Senior A 3:00-4:30	All other practices cancelled
Monday	October 12	Columbus Day	No Morning Practice	Senior A/B
Tuesday	October 13	DTSD Late Start	No Morning Practice	Senior A/B
Wednesday	October 14	Breast 4 Breast Cancer	Rec Center	
Thursday	October 15	Breast 4 Breast Cancer	VISTA Pool	
Tuesday	October 20	DT Halloween Parade	Modified Practice Schedule	
		Senior A/B	3:00-5:00	
		All other practices cancelled.		
Thursday	October 29	DT Trick or Treat Night		
		Senior A/B	3:00-4:30	
		Silver 1&2	4:30-6:00	
		Diamond 1, 2, Bronze	Cancelled	

November 16 to February 26 --- Practice Schedule #2 (start date for PIAA winter athletics)							
@Hershey High School		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Workout	Girls A	6-7:00 Wghts	5:55-6:55 Swim		6-7:00 Wghts		
	Girls B	6-7:00 Wghts		6-7 Cardio	6-7:00 Wghts		
	Boys A		6:00-7:00 Wghts		5:55-6:55 Swim	6-7:00 Wghts	
	Boys B		6:00-7:00 Wghts	6-7 Cardio		6-7:00 Wghts	
@Derry Township Recreation Center		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Senior A	3:00-5:00	3:00-5:00	3:00-5:00	3:00-5:00	3:00-4:30	6:30-9:00
	Senior B	5:00-6:00	3:00-5:00	5:00-6:00	3:00-5:00	4:30-5:45	
	Silver 1	6:00-7:30	4:15-4:45 Dry Land 5:00-6:30	6:00-7:30	4:15-4:45 Dry Land 5:00-6:30	4:30-5:45	
	Silver 2	4:15-4:45 Dry land 5:00-6:00	6:30-7:30	4:15-4:45 Dry Land 5:00-6:00	6:30-7:30	5:45-6:45	
VISTA School	Monday	Tuesday	Wednesday	Thursday	FRIDAYS will be at the Derry Township Recreation Center on the Following Dates:		
	Bronze	6:45-7:45	6:45-7:45	6:45-7:45	6:45-7:45	5:45-6:45	Nov 20 Dec 11 Jan 8, 29
	Diamond 1	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	5:45-6:45	Nov 27 Dec 18 Jan 15 Feb 5
	Diamond 2	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:45-6:45	Nov 27 Dec 18 Jan 22 Feb 19

Thursday	November 26	Thanksgiving Day	All practices cancelled
Friday	November 27	No Morning Workouts	
Mon-Friday	11/30-12/4	NO MORNINGS	Workouts for those attending DSC Holiday Meet / NLAC / Jr. Nationals
Tuesday	December 15	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Tuesday	December 22	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Thur-Fri	December 24-25	Holiday	All practices cancelled
Thurs-Fri	Dec 31 – Jan 1	All practices cancelled	
Tuesday	January 5	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Thursday	January 7	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Tuesday	January 12	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Monday	January 18	DTSD No School	No morning practice Senior A/B
Tuesday	January 19	DTSD Late Start	No morning practice Senior A/B
Tuesday	January 19	Home HHS Meet	Silver 1 Cancelled Silver 2 6:30-7:30
Tuesday	January 26	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Thursday	January 28	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Tuesday	February 2	Home HHS Meet	Silver 1 6:30-7:30 Silver 2 Cancelled
Thursday	February 4	Away HHS Meet	Silver 1 3:00-5:00 Silver 2 5:00-6:30
Monday	February 15	DTSD No School	No morning practice Senior A/B
Tuesday	February 16	DTSD Late Start	No morning practice Senior A/B

THE FOLLOWING SCHEDULES ARE SUBJECT TO CHANGE

February 29 to March 24--- Practice Schedule #3 -- Subject to Change						
Derry Township Recreation Center	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VISTA School	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday