

West High School

Pre-Season Practice Schedule

2017

Date	Day	Start Time	End Time	Team (s)	Activity
7-Aug	Monday	8:30 AM	9:00 AM	All = Freshman, Soph, JV, V	Gym Set Up
		9:00 AM	12:00 AM	All	Session 1 Tryouts
		3:00 PM	6:00 PM	All	Session 2 Tryouts
8-Aug	Tuesday	7:30 AM	10:00 AM	All	Session 3 Tryouts
		3:00 PM	6:00 PM	All	Session 4 Tryouts
9-Aug	Wednesday	9:00	1:00 PM	All Ages	Session 5 Tryouts and Leadership Training
			2:00 PM		Posting of Teams
		7:00 PM	8:30 PM	Parents/Players	Team Orientation
10-Aug	Thursday	8:00 AM		Varsity/JV	Moab Leadership Retreat
		12:00 PM			Arrive in Moab Utah
		15:00	5:00		Team Scrimmage with Grand County High School
		5:30 PM			Moon Flower Canyon
		6:30 PM			Foil Dinners
		8:00 PM			Leadership Training
		10:00 PM			Lights Out
11-Aug	Friday	8:00 AM			Breakfast
		10:00 AM			Mill Creek Hike
		12:00 PM			Lunch
		3:00 PM			R & R
		5:00 PM			Dinner
		7:00 PM			Farmers Market/Leadership
		9:00 PM			Star Watch
	11:00 PM			Lights out	

Date	Day	Start Time	End Time	Team (s)	Activity
12-Aug	Saturday	8:00 AM			Breakfast/Clean Up/Pack Up
		10:00			Indian panel
		10:30 AM			Arches National Park
		3:00 PM			Return to Salt Lake City
		7:00 PM			Arrive West High School
13-Aug	Sunday	OFF			
14-Aug	Monday	9:00 AM	11:00 AM	All	Practice
		3:00 PM	5:00 PM	All	Practice
15-Aug	Tuesday	9:00 AM	11:00 AM	All	Practice
16-Aug	Wednesday	3:00 PM	6:00 AM	All	Practice
17-Aug	Thursday	9:00 AM	11:00 AM	All	Practice
18-Aug	Friday	9:00 AM	11:00 AM	Soph	Practice
19-Aug	Saturday	6:00 AM	10:00 PM	Sophomore Team	Sophomore Tournament
20-Aug	OFF				
21-Aug	School Starts	2:45	5:45	Regular school schedule	Practice