

CONVAL 2009 FALL

SPORTS PRACTICES

("complete" daily practice schedule available on first day)

FOOTBALL:

- Monday, August 10th, 5:00 – 7:00 p.m. – Mandatory Team Meeting and Fitness Testing – ALL PLAYERS
- Wednesday, August 12th, 4:00 – 7:30 p.m. – HELMETS ONLY

BOYS SOCCER:

- Monday, August 17th, 7:00 – 9:00 a.m. and 5:00 – 7:00 p.m.

GIRLS SOCCER:

- Monday, August 17th, 8:30 – 11:00 a.m. and 5:00 – 7:00 p.m.

FIELD HOCKEY:

- Monday, August 17th, 8:00 – 10:00 a.m. and 5:00 – 7:00 p.m.

SPIRIT:

- Monday, August 17th, 2:30 p.m.

CROSS COUNTRY:

- Monday, August 17th, 9:00 – 11:00 a.m. – at track

GOLF:

- Monday, August 17th – 1:00 – 4:00 p.m. at Crotched Mountain Golf Resort

VOLLEYBALL:

- Monday, August 17th – 3:00 p.m. in the Conval Gym

