

Winter Off-Season-August to November

Time Slot	Monday/Wednesday	Tuesday/Thursday
2pm-3pm	Football	Baseball
3pm-4pm	Baseball	W Basketball
4pm-5pm	W Soccer/Spirit	M Soccer/Wrestling
5pm-6pm	Basketball	Basketball

Spring Off-Season-November to March

Time Slot	Monday/Wednesday	Tuesday/Thursday
2pm-3pm	Football	Baseball
3pm-4pm	Baseball	Swimming/Diving
4pm-5pm	M Volleyball/Track	W LAX/Softball
5pm-6pm	M Tennis	M LAX

Fall Off-Season-March to May/August

Time Slot	Monday/Wednesday	Tuesday/Thursday
2pm-3pm	Football	W Volleyball/Basketball
3pm-4pm	W Water Polo	M Water Polo
4pm-5pm	Cross Country	W Golf
5pm-6pm	Spirit	W Tennis