

Cortland Jr-Sr High School Fall Sports Practice Schedule

Week of: October 14

2019

Fall	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date:	10/14	10/15	10/16	10/17	10/18	10/19
Varsity Football	8 - 11 am Grass	3 - 6 pm Grass	3 - 4:30 T 4:30 - 6 G	3 - 4 pm T 4 - 5 pm G	vs B Ludden 6:30 PM	9 - 11 am Grass
Modified Football	No Practice	4 - 5:30 pm Grass	4 - 5:30 pm Grass	@ Westhill 5:00 PM	4 - 5:30 pm Grass	No Practice
Varsity Boys Soccer	9 - 10:30 am Grass	@ ESM 7:00 PM	6 - 7:30 pm Turf	3:15 - 4:45 pm Barry	3 - 4:30 pm Turf	@ JD 2:00 PM
JV Boys Soccer	5 - 6:30 pm Turf	@ ESM 4:30 PM	3 - 5 pm Barry	vs Oswego 5:00 PM	3 - 5 pm Barry	@ JD 11:30 AM
Modified Boys Soccer - Purple	No Practice	2:45 - 4:15 pm Grass	@ ESM 4:30 PM	2:45 - 4:15 pm Grass	vs JD 5:15 PM	No Practice
Modified Boys Soccer - White	No Practice	2:45 - 4:15 pm Grass	2:45 - 4:15 pm Grass	vs Oswego 5:00 PM	vs ESM 4:30 PM	No Practice
Varsity Girls Soccer	No Practice	4:30 - 6 pm Turf	4:30 - 6 pm Turf	@ JD 4:30 PM	3 - 4:30 pm Turf	8 - 9:30 am Turf
JV Girls Soccer	No Practice	4 - 5:30 pm Barry	4 - 5:30 pm Barry	@ JD 4:30 PM		
Modified Girls Soccer - Purple	No Practice	vs Fulton 4:30 PM	vs Oswego 5:00 PM	2:45 - 4:15 pm Grass	2:45 - 4:15 pm Grass	No Practice
Modified Girls Soccer - White	No Practice	2:45 - 4:15 pm Grass	vs ESM 4:30 PM	2:45 - 4:15 pm Grass	2:45 - 4:15 pm Grass	No Practice
Varsity Field Hockey	No Practice	2:45 - 4:30 pm Turf	@ FM 7:00 PM	vs W'port 4:30 PM	2:45 - 4:30 pm Grass	9:30 - 11 am Turf
JV Field Hockey	No Practice	2:45 - 4:30 pm Grass	@ FM 5:30 PM	vs W'port 4:30 PM		
Modified Field Hockey	No Practice	2:45 - 4:15 pm Grass	@ L'pool 5:00 PM	2:45 - 4:15 pm Grass	@ B'ville 4:30 PM	No Practice
Varsity Cross Country	No Practice	3 - 5 pm Course	@ SCAC 4:15 PM	3 - 5 pm Course	3 - 5 pm Course	9 - 11 am Course
Modified Cross Country	No Practice	3:15 - 4:30 pm Course	3:15 - 4:30 pm Course	@ SCAC 4:30 PM		
Varsity Tennis	No Practice	@ Utica 9:00 AM		Finals @ Oneida TBD		
Modified Tennis	No Practice	vs C Square 4:30 PM	2:45 - 4:15 pm Courts	2:45 - 4:15 pm Courts	@ ESM 4:30 PM	Multi Meet 10:00 AM
Varsity Golf						
Cheerleading	No Practice	4 - 5:30 pm Stadium	4 - 5:30 pm Stadium	4 - 5:30 pm Stadium	vs B Ludden 6:30 PM	No Practice

"T" = Turf "G" = Grass

10/18 B/G Varsity Soccer on Turf - please use pop up goals as the field is set for the football game