

Cortland Jr-Sr High School Fall Sports Practice Schedule

Week of: September 9

2019

| Fall | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----------------------------|-----------------------|
| Date: | 9/9 | 9/10 | 9/11 | 9/12 | 9/13 | 9/14 |
| Varsity Football | 3 - 4:30 G 4:30 - 6 T | 3 - 4:30 G 4:30 - 6 T | 3 - 4:30 G 4:30 - 6 T | 3 - 4 pm T 4 - 5 pm G | @ Marcellus 7:00 PM | 8 - 10 am Grass |
| Modified Football | 4 - 5:30 pm Grass | 4 - 5:30 pm Grass | 4 - 5:30 pm Grass | 4 - 5:30 pm Grass | 4 - 5:30 pm Grass | No Practice |
| Varsity Boys Soccer | 6 - 7:30 pm Turf | vs Auburn 6:30 PM | 6 - 7:30 pm Turf | @ C Square 7:30 PM | 4:30 - 6 pm Turf | @ Mexico 11:00 AM |
| JV Boys Soccer | 3 - 5 pm Barry | vs Auburn 4:30 PM | 3 - 5 pm Barry | @ C Square 5:30 PM | 3 - 5 pm Barry | @ Mexico 11:00 AM |
| Modified Boys Soccer | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 8 - 9:30 am Grass |
| Varsity Girls Soccer | 4:30 - 6 pm Grass | @ Auburn 6:30 PM | 2:45 - 4:30 pm Turf | vs C Square 6:30 PM | 2:45 - 4:30 pm Turf | 8 - 9:30 am Turf |
| JV Girls Soccer | 4 - 6 pm Barry | @ Auburn 4:30 PM | 4 - 6 pm Barry | vs C Square 4:30 PM | 4 - 6 pm Barry | 8 - 10 am Barry |
| Modified Girls Soccer | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | 2:45 - 4:15 pm Grass | @ ESM 4:30 @ Fulton 4:30 | 8 - 9:30 am Grass |
| Varsity Field Hockey | 2:45 - 4:30 pm Turf | 2:45 - 4:30 pm Turf | @ Liverpool 7:00 PM | 5:45 - 7:15 pm Grass | @ Moravia 4:30 PM | 9:30 - 11 am Turf |
| JV Field Hockey | 4:15 - 5:45 pm Grass | 4:15 - 5:45 pm Grass | @ Liverpool 5:00 PM | 4:15 - 5:45 pm Grass | @ Moravia 6:00 PM | 9:30 - 11 am Grass |
| Modified Field Hockey | 2:45 - 4:30 pm Grass | 2:45 - 4:30 pm Grass | 2:45 - 4:30 pm Grass | 2:45 - 4:30 pm Grass | 2:45 - 4:30 pm Grass | 8 - 9:30 am Grass |
| Varsity Cross Country | 3 - 5 pm Course | 3 - 5 pm Course | @ Fulton 4:30 PM | 3 - 5 pm Course | 3 - 5 pm Course | @ ESM 8:00 AM |
| Modified Cross Country | 3:15 - 4:30 pm Course | 3:15 - 4:30 pm Course | @ Fulton 4:30 PM | 3:15 - 4:30 pm Course | 3:15 - 4:30 pm Course | @ ESM 8:00 AM |
| Varsity Tennis | vs Auburn 4:30 PM | @ JD 4:30 PM | vs Oswego 4:30 PM | 2:45 - 4:30 pm Courts | @ ESM 4:30 PM | 9 - 11 am Courts |
| Modified Tennis | 2:45 - 4:15 pm Courts | 2:45 - 4:15 pm Courts | 2:45 - 4:15 pm Courts | 2:45 - 4:15 pm Courts | vs ESM 4:30 PM | 9 - 11 am Courts |
| Varsity Golf | vs Oswego 3:30 PM | @ Fulton 3:30 PM | 3 - 5 pm Willow | 3 - 5 pm Willow | @ Auburn 3:30 PM | No Practice |
| Cheerleading | 4 - 5:30 pm Stadium | 4 - 5:30 pm Stadium | 4 - 5:30 pm Stadium | 4 - 5:30 pm Stadium | 4 - 5:30 pm Stadium | No Practice |

"T" = Turf "G" = Grass