

## Cortland Jr-Sr High School Winter II Sports Practice Schedule

Week of: **January 7** 2020

| Winter II                 | Monday                    | Tuesday                   | Wednesday                 | Thursday                  | Friday                     | Saturday               |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|----------------------------|------------------------|
| Date:                     | 1/7                       | 1/8                       | 1/9                       | 1/10                      | 1/11                       | 1/12                   |
| V Boys Basketball         | 6:30 - 8:30 pm<br>U-Gym   | vs Auburn<br>6:30 PM      | 6:30 - 8:30 pm<br>D-Gym   | 6 - 7:30 pm<br>D-Gym      | vs Oswego<br>6:30 PM       | 11 - 12:30 am<br>U-Gym |
| JV Boys Basketball        | 4:30 - 6:30 pm<br>U-Gym   | vs Auburn<br>5:00 PM      | 4:30 - 6:30 pm<br>D-Gym   | 7:30 - 9 pm<br>D-Gym      | vs Oswego<br>5:00 PM       | 7:30 - 9 am<br>D-Gym   |
| V Girls Basketball        | 6:30 - 8:30 pm<br>D-Gym   | 4:30 - 6:30 pm<br>D-Gym   | @ Auburn<br>6:30 PM       | 3 - 5 pm<br>County Gym    | @ Oswego<br>6:45 PM        | 10:30 - 12 pm<br>D-Gym |
| JV Girls Basketball       | 4:30 - 6:30 pm<br>D-Gym   | 6:30 - 8:30 pm<br>D-Gym   | @ Auburn<br>5:00 PM       | 4:30 - 6 pm<br>D-Gym      | @ Oswego<br>5:00 PM        | 9 - 10:30 am<br>D-Gym  |
| Modified Girls Basketball | 2:45 - 4:30 pm<br>U/D-Gym | 2:45 - 4:30 pm<br>U/D-Gym | 2:45 - 4:30 pm<br>U/D-Gym | 2:45 - 4:30 pm<br>U/D-Gym | Scr vs Oswego<br>5/6:30 pm | No<br>Practice         |
| V Volleyball              | @ Weedsport<br>7:00 PM    | @ FP<br>7:00 PM           | 3 - 5 pm<br>County Gym    | vs Pulaski<br>6:30 PM     | 3 - 5 pm<br>County Gym     | No<br>Practice         |
| JV Volleyball             | @ Weedsport<br>5:30 PM    | @ FP<br>5:30 PM           | 3 - 5 pm<br>County Gym    | vs Pulaski<br>5:00 PM     | 3 - 5 pm<br>County Gym     | No<br>Practice         |
| Winter Track              | 3 - 5 pm<br>Halls         | 6 - 8 pm<br>SUNY          | 3 - 5 pm<br>Halls         | 6 - 8 pm<br>SUNY          | 2:45 - 4:30 pm<br>D-Gym    | @ OCC<br>2:30 PM       |
| V/JV Wrestling            | 4 - 6 pm<br>WR/FR         | 4 - 6 pm<br>WR/FR         | vs C Square<br>6:00 PM    | 4 - 6 pm<br>WR/FR         | 4 - 6 pm<br>WR/FR          | JV @ JD<br>9:00 AM     |
| Modified Wrestling        | 3 - 4:30 pm<br>WR         | 3 - 4:30 pm<br>WR         | 3 - 4:30 pm<br>WR         | 3 - 4:30 pm<br>WR         | 3 - 4:30 pm<br>WR          | No<br>Practice         |
| Ice Hockey                | 4 - 5:30 pm<br>Complex    | 4 - 5:30 pm<br>Complex    | @ Skane<br>7:30 PM        | 4 - 5:30 pm<br>Complex    | @ N Hart<br>6:30 PM        | No<br>Practice         |
| Cheerleading              | 3 - 4:30 pm<br>Z-Studio   | vs Auburn<br>5:00 PM      | 3 - 4:30 pm<br>Z Studio   | 6 - 8 pm<br>Randall       | vs Oswego<br>5:00 PM       | @ Chitt<br>10:00 AM    |
| Bowling                   | @ Oswego<br>3:30 PM       | @ ESM<br>3:30 PM          |                           | @ Auburn<br>3:30 PM       |                            |                        |

**If you will not be using your practice time, please notify the Athletic Office and Nicole Humpf. Staff Meeting 1/8**