

Proposed Practice Plans for Stage I & II

SPORT	PRACTICE DAYS	HEAD COACH EMAIL
High School Cross Country	<u>Phase 1&2 (July 6- August 3)</u> Monday 7:30am – 9:30am (At Riverside MS) Wednesday 7:00am - 9:00am (At Fort Harrison) Thursday 7:00am - 9:00am (At Northview Church) Friday- 7:30am – 9:30am (At Skiles Test)	scott.freeman@heritagechristian.net
High School Football	<u>Phase 1&2 (July 6- August 3)</u> Monday 3:30pm - 5:30pm (Practice Day) Tuesday 3:30pm - 5:30pm (Conditioning Only) Wednesday 3:30pm - 5:30pm (Practice Day) Thursday 3:30pm - 5:30pm (Conditioning Only)	kyle.ray@heritagechritian.net
High School Boys Soccer	<u>Phase 1&2 (July 6- August 3)</u> Monday 10:30am - 12:30pm (Conditioning Day) Tuesday 6:00pm - 7:30pm (Practice Day) Wednesday 10:30am - 12:30pm (Conditioning Day) Thursday 6:00pm - 7:30pm (Practice Day)	caleb.schnake@heritagechristian.net
High School Girls Soccer	<u>Phase 1&2 (July 6- August 3)</u> Monday 8:00am - 10:00am (Conditioning Day) Tuesday 8:00am - 9:30am (Practice Day) Wednesday 8:00am - 10:00am(Conditioning Day) Thursday 8:00am - 9:30am (Practice Day)	Jimmy.wiltsee@heritagechristain.net
High School Boys Tennis	<u>Phase 1&2 (July 6- August 3)</u> Tuesday 5:00pm-7:00pm (Practice Day) Wednesday 5:00pm-6:00pm (Conditioning Day) Thursday 5:00pm-7:00pm (Practice Day)	michael.thompson@heritagechristian.net
High School Volleyball	<u>Phase 1&2 (July 6- August 3)</u> Monday 5:30pm - 7:30pm (Practice Day) Tuesday 8:00am - 9:30am (Conditioning Day) Wednesday 8:00am - 10:00am (Practice Day) Thursday 8:00am - 9:30am (Conditioning Day)	kyla.thomas@heritagechristain.net
High School Girls Golf	<u>Phase 1&2 (July 6-30)</u> July 7, 16, 21 & 27 10:00am -11:30am (at Gray Eagle) July 10, 17, & 24 10:00am- 11:30am (HCS Track) July 31- official start of Practices	brian.hicks@heritagechristian.net
High School Girls Basketball	<u>Phase 1&2 (July 6-31)</u> Tuesday 10:30am - 12:30pm (Practice Day) Wednesday 10:30am - 12:00pm (Conditioning Day) Thursday 10:30am - 12:30pm (Practice Day)	cassie.wiseman@heritagechristian.net
High School Boys Basketball	<u>Phase 1&2 (July 6-31)</u> Tuesday 1:30pm - 3:30pm (Practice Day) Wednesday 1:30pm - 3:00pm (Conditioning Day) Thursday 1:30pm - 3:30pm (Practice Day)	warren.wallace@heritagechristian.net