

# September

Monday	Tuesday	Wednesday	Thursday	Friday
4 <b>NO SCHOOL</b> <i>Labor Day</i>	5 <b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm	6 <b>NO PRACTICE</b>	7 <b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	8 <b>VB vs. Life Christian</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
11 <b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	12 <b>VB @ Carmel</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	13 <b>NO PRACTICE</b>	14 <b>VB vs. James River</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	15 <b>VB vs. Guardian</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
18 <b>VB vs. Grove</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	19 <b>VB vs TNCS MS 5:00 pm</b> <b>VB vs Salem</b> HS 6:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	20 <b>NO PRACTICE</b>	21 <b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	22 <b>VB vs. Newbridge</b> HS ONLY 4:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
25 <b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	26 <b>VB vs. Piedmont Christian</b> HS ONLY 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	27 <b>NO PRACTICE</b>	28 <b>VB vs West End MS 4:30pm</b> <b>VB vs. New Life</b> HS 5:30  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	29 <b>Nothing in Gym (CHURCH)</b>  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm

# October

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>NO PRACTICE</b>	<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Meet</b> CCAC Invitational TBD	<b>VB vs. Carmel</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
9	10	11	12	13
<b>NO SCHOOL</b> <i>Columbus Day</i>	<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>NO PRACTICE</b>	<b>VB vs TNCS</b> MS 5:00 pm HS 6:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>VB at Grove</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
16	17	18	19	20
<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>VB vs. Guardian</b> MS 4:30 pm HS 5:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>NO PRACTICE</b>	<b>Volleyball Practice</b> MS 3:00 pm-4:30 pm HS 3:30 pm-5:00 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>VB at Newbridge</b> HS ONLY 4:30 pm  <b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm
23	24	25	26	27
<b>VOLLEYBALL TOURNAMENT</b>	<b>VOLLEYBALL TOURNAMENT</b>	<b>NO PRACTICE</b>	<b>EARLY RELEASE DAY</b> <b>VOLLEYBALL TOURNAMENT</b>	<b>VOLLEYBALL TOURNAMENT</b>
<b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm	<b>Cross Country Practice</b> MS 3:00 pm-4:00 pm HS 3:30 pm-4:30 pm			

Monday	Tuesday	Wednesday	Thursday	Friday
30	31 Nothing in Gym (CHURCH)	1	2 <b>Cross Country Meet</b> CCAC Championships TBD	3 EARLY RELEASE DAY