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**Seneca Valley Winter practice schedule –first 4 days**

These are the approximate times of each winter teams practice schedule for the first four days. Times are subject to change; please refer to [www.svhsathletics.org](http://www.svhsathletics.org) for any updates. **It is the expectation that student athletes attend every practice.** Failure to do so may lead to not making the team. Many teams will be on a rotating schedule, Please refer to the practice and events link for a [Google calendar](https://calendar.google.com) with all events and times.

**Wrestling**
- Friday, November 15th- 4-630- Wrestling Room (9)  
- Saturday, November 16th- 9-11/ 1-3- Wrestling Room (9)  
- Monday-Tuesday, November 18th-19th-330-630- Wrestling Room (9)

**Girls Basketball-Varsity and JV**
- Friday, November 15th- 530- 730- Main Gym  
- Saturday, November 16th- 8-10/ 12-2- Main Gym/ Aux Gym  
- Monday-Tuesday, November 18th-19th-330-530- Main Gym

**Boys Varsity and JV Basketball**
- Friday, November 15th-330-530- Main Gym  
- Saturday, November 16th- 10-12/ 2-4- Main and Aux Gym  
- Monday- November 18th- Varsity 3:30-5:30- Main Gym- JV 530-730- Aux Gym

**Indoor Track**
- Friday, November 15th- 3-5- SVHS  
- Saturday, November 16th- 10-12- SVHS  
- Monday, November 18th- 3-5 SVHS  
- Tuesday, November 19th- 3-530- Watkins Mill –Bus 4314 to WM- Bus 4307 back to SV

**Swim and Diving**
- Tuesday, November 19th- 5 AM- Germantown Indoor Swim  
- Thursday, November 21st- 5 AM- Germantown Indoor Swim  
- Tuesday, November 26th- 5 AM- Germantown Indoor Swim  
- Tuesday, December 3rd- 5 AM- Germantown Indoor Swim

**Bocce Ball**
- Monday, December 2nd- 245-4- NJROTC Hallway

**Cheer**
- Monday, November 18th- 5-7 pm- Cafeteria  
- Tuesday, November 19th 5-7 pm- Cafeteria  
- Wednesday, November 20th- 430-6- Cafeteria  
- Tuesday, November 26th- 430-6 -Cafeteria

**Poms**
- Monday, November 18th- 245-5- Main Gym (3:30)-cafe  
- Tuesday, November 19th- 5-7-cafeteria  
- Wednesday, November 20th- 245-5- Main Gym (3:30) -Café