

## 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](#) with all events and times.

### Wrestling

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

### Girls Basketball-Varsity and JV

- Friday, November 15<sup>th</sup>- 530- 730- Main Gym
- Saturday, November 16<sup>th</sup>- 8-10/ 12-2- Main Gym/ Aux Gym
- Monday-Tuesday, November 18<sup>th</sup>-19<sup>th</sup>-530-730- Main Gym

### Boys Varsity and JV Basketball

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

### Indoor Track

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

### Swim and Diving

- Tuesday, November 19<sup>th</sup>- 5 AM- Germantown Indoor Swim
- Thursday, November 21<sup>st</sup>- 5 AM- Germantown Indoor Swim
- Tuesday, November 26<sup>th</sup>- 5 AM- Germantown Indoor Swim
- Tuesday, December 3<sup>rd</sup>- 5 AM- Germantown Indoor Swim

### Bocce Ball

- Monday, December 2<sup>nd</sup>- 245-4- NJROTC Hallway

### Cheer

- Monday, November 18<sup>th</sup>- 5-7 pm- Cafeteria
- Tuesday, November 19<sup>th</sup>- 5-7 pm- Cafeteria
- Wednesday, November 20<sup>th</sup>- 430-6- Cafeteria
- Tuesday, November 26<sup>th</sup>- 430-6 -Cafeteria

### Poms

- Monday, November 18<sup>th</sup>- 245-5- Main Gym (3:30)-cafe
- Tuesday, November 19<sup>th</sup>- 5-7-cafeteria
- Wednesday, November 20<sup>th</sup>- 245-5- Main Gym (3:30) - Café