



## **GIRLS SEASON PRACTICE SCHEDULE**

### ***Daily Practice Schedule – Starting November 13th***

Morning Practice: Monday, Tuesday, Thursday from 6-7 AM

Afternoon Practice: Every day from 2-4:30pm

### ***Winter Recess Practice – Dec 22 – Jan 5th***

Afternoon practice from 2-5pm - No morning workouts

### ***No Workouts on:***

Nov. 23 and 4th

December 24, 25.

New Years Day!

### ***Tournament Schedules***

Northwood is hosting 2 JV Tournaments on Dec. 15, 16 and January 12, 13.

All players are required to help out during a shift that will be assigned during each of these tournaments.