

## MARCH 2024: TRYOUT & PRACTICE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <b>OPEN GYM</b> @ South Troy 7:30 to 9:00 AM	4	5	6	7	8	9
10 <b>OFF</b>	11 Varsity/JV Tryouts 3:00 to 5:30 PM	12 Varsity/JV Tryouts 3:00 to 5:30 PM	13 Varsity/JV Tryouts 3:00 to 5:30 PM	14 Varsity & JV Practice 3:00 to 5:30 PM	15 Varsity & JV Practice 3:00 to 5:30 PM	16 Varsity Practice 8:00 AM - 10:00 AM  JV Practice 10:00 AM - 12:00 PM
17 <b>OFF</b>	18 Varsity Practice 3:00 to 5:30 PM  Freshman Tryouts 3:00 to 5:30 PM  JV Lift @ CHS 2:20-3:00 PM	19 JV Practice 3:00 to 5:30 PM  Freshman Tryouts 3:00 to 5:30 PM  Varsity Lift @ CHS 2:20-3:00 PM	20 Varsity Practice 3:00 to 5:30 PM  Freshman Tryouts 3:00 to 5:30 PM  JV Lift @ CHS 2:20-3:00 PM	21 JV Practice 3:00 to 5:30 PM  Freshman Tryouts (if needed) 3:00 to 5:30 PM  Varsity Lift @ CHS 2:20-3:00 PM	22 Varsity & JV Practice 3:00 to 5:30 PM  Freshman <b>OFF</b>	23 Varsity Practice 8:00 AM to 9:30 AM  JV & Frosh Practice 9:30 AM to 12:00 AM
24/31 <b>OFF</b>	25 Modified Tryouts (Grade 8) 3:00 to 4:30 PM  Varsity Practice 3:00 to 5:30 PM  JV Lift @ CHS 2:20-3:00 PM	26 Modified Tryouts (Grade 7) 3:00 to 4:30 PM  Freshman & JV Practice 3:00 to 5:30 PM  Varsity Lift @ CHS 2:20-3:00 PM	27 Modified Tryouts (Grade 8) 3:00 to 4:30 PM  Varsity Practice 3:00 to 5:30 PM  JV Lift @ CHS 2:20-3:00 PM	28 Modified Tryouts (Grade 7) 3:00 to 4:30 PM  Freshman & JV Practice 3:00 to 5:30 PM  Varsity Lift @ CHS 2:20-3:00 PM	29 Modified Tryouts (All Candidates) 3:00 to 4:30 PM  Varsity Practice 3:00 to 5:30 PM  Frosh & JV Practice 3:00 to 5:30 PM	30 Varsity Practice 8:00 AM to 9:30 AM  JV & Frosh Practice 9:30 AM to 12:00 AM  Modified <b>OFF</b>

**Note:** All March Practices will be held at the Goff Middle School gymnasium. If the fields are playable, practice times and location may change.

**Lifting Times:** High School 2:20 to 3:00 PM, Middle School 3 to 4:00 PM