

## **Fall Sports Voluntary Practice Schedule – 9/8 to 9/18/20**

### **Crew Erg Workouts**

**Monday through Friday** beginning Monday, 9/14

Time: 3:00 to 5:30pm at schools based on hybrid schedule

Location: On days you are in school you will practice at school. If home, you will be assigned a home workout

**Contact:** Coach Hagan at [crew@gmahs.org](mailto:crew@gmahs.org)

### **Cross Country**

Every **Wednesday & Saturday** beginning 9/9 to 9/19

Wednesday Time: 4-5:30pm. Meet down at Track (Multi Sport Complex)

Saturday Time: 8:30 to 10am. Meet at Valley Green Park. Coach Holly will provide a meeting spot.

**Contact:** Coach Holly at [crosscountry@gmahs.org](mailto:crosscountry@gmahs.org)

Fall Sport Opening Day: Monday, 9/21

Cross Country League Meets start: Monday, 10/12

### **Field Hockey**

Every **Monday & Wednesday** beginning 9/9 to 9/16

Time: 3:15 to 5:00pm

Location: Multi Sport Turf Complex

**Contact:** Coach Fuller at [allysonf93@gmail.com](mailto:allysonf93@gmail.com)

Fall Sport Opening Date: Monday, 9/21

Field Hockey League Games start: Wednesday, 10/14

**Golf** (waiting to see what practice times we may get at Blue Bell CC)

Please **contact Coach Pohle** directly at [golf@gmahs.org](mailto:golf@gmahs.org)

Golf League Match Play begins: Tuesday, 9/29

### **Soccer**

Every **Tuesday & Thursday** beginning 9/8 to 9/17

Time: 3:30 to 5:30pm

Location: Multi Sport Turf Complex

**Contact:** Coach Dailey at [soccer2@gmahs.org](mailto:soccer2@gmahs.org)

Fall Sport Opening date: Monday, 9/21

Soccer League Games start: Wednesday, 10/14

### **Tennis**

**Red Cohort:** Tuesday's beginning 9/8 to 9/15

**Gold Cohort:** Thursday's beginning 9/10 to 9/17

Time for each Cohort: 4:00 to 5:30pm

Location: GMAHS Tennis Courts located opposite JV Softball Field (behind Art Room parking lot)

**Contact:** Coach Prince at [tennis@gmahs.org](mailto:tennis@gmahs.org)

Fall Sport Opening date: Monday, 9/21

Tennis League Matches start: Monday, 9/28

## **Volleyball**

**Monday & Tuesday** beginning 9/8 to 9/15 will be **12<sup>th</sup> & 11<sup>th</sup> grade** workout

Time: 5:00 to 7:00pm

Location: GMAHS Gym (off front lobby)

**Wednesday & Thursday** beginning 9/9 to 9/17 will be **10<sup>th</sup> & 9<sup>th</sup> grade** workout

Time: 5:00 to 7:00 pm

Location: GMAHS Gym (off front lobby)

**Contact:** Coach Jea Lee at [volleyball@gmahs.org](mailto:volleyball@gmahs.org)

Fall Sport Opening date: Monday, 9/21

Volleyball League Matches start: Monday, 10/12