

ATHLETICS (SEPTEMBER 13-17)

	MONDAY September 13 th	TUESDAY September 14 th	WEDNESDAY September 15 th	THURSDAY September 16 th	FRIDAY September 17 th
<u>Morning</u>					
<u>Lunch</u>		Gr.5 Soccer (ISEA)- BACKFIELD Coach Diniz & Coach Walker Time TBA		Gr.5 Volleyball (ISEA) – GYM A + B Coach Dobie & Coach Carr Time TBA Gr.5 Soccer (ISEA) - BACKFIELD Coach Diniz & Coach Walker Time TBA	
<u>Afterschool:</u> Gym A	Gr.6/7 Volleyball (ISEA &/or SD#42) Coach Oneil & Coach Badie & Coach Wheeler & Coach Hook	Junior (Gr.9/10) Volleyball (GVISAA &/or SD#42) Coach Reis & Coach Metz & Coach Amarasinghe	Gr.6/7 Volleyball (ISEA &/or SD#42) Coach Oneil & Coach Badie & Coach Wheeler & Coach Hook	Junior (Gr.9/10) Volleyball (GVISAA &/or SD#42) Coach Reis & Coach Metz & Coach Amarasinghe	
Gym B	Senior (Gr.11/12) Volleyball (GVISAA &/or Fraser North) Coach West & Coach Marriott	Bantam (Gr.8) Volleyball (GVISAA) Coach Clarke & Coach Hamaguchi	Senior (Gr.11/12) Volleyball (GVISAA &/or Fraser North) Coach West & Coach Marriott	Bantam (Gr.8) Volleyball (GVISAA) Coach Clarke & Coach Hamaguchi	
Front Field					
Back Field	Junior Soccer (Gr.8-10) (GVISAA) Coach Spurgeon And Senior (Gr.11/12) Soccer (GVISAA &/or Fraser North) Coach Jackson & Coach Conaghan	Gr.6/7 Soccer (ISEA) Coach Horne	Junior Soccer (Gr.8-10) (GVISAA) Coach Spurgeon And Senior (Gr.11/12) Soccer (GVISAA &/or Fraser North) Coach Jackson & Coach Conaghan		
Weight Room	Sport Performance Enhancement in the Fitness Room Gr. 8-12 Coach Oljaca			Sport Performance Enhancement in the Fitness Room Gr.8-12 Coach Oljaca	

ALL AFTERSCHOOL PRACTICES ARE 3:45-5:15 PM UNLESS STATED OTHERWISE**