

CLAREMONT MIDDLE SCHOOL

FALL 2026 SPORTS PRACTICE SCHEDULE

ATHLETE CHECK-IN: All athletes must sign in at the MPR Room with Ms. Donique and wait there until they are picked up by their coach.

SPORT / TEAM	COACH(ES)	DAY	PRACTICE TIME	LOCATION
JV Volleyball	Coach Caroline	Tuesday	3:30 PM - 5:00 PM	Gym
JV Volleyball	Coach Caroline	Thursday	3:05 PM - 4:30 PM	Gym
Girls Varsity Volleyball	Coach Moe	Wednesday	1:30 PM - 3:00 PM	Gym
Girls Varsity Volleyball	Coach Moe	Friday	3:05 PM - 4:30 PM	Gym
Coed Cross Country	Coach Sierra	Tuesday	3:30 PM - 4:45 PM	Outdoor / Team Area
Coed Cross Country	Coach Sierra	Thursday	3:30 PM - 4:45 PM	Outdoor / Team Area
Girls Flag Football	Coach Alex & Coach Jeremiah (Paulmerie Brothers)	Wednesday	1:30 PM - 3:00 PM	Field
Girls Flag Football	Coach Alex & Coach Jeremiah (Paulmerie Brothers)	Friday	3:15 PM - 4:45 PM	Field
Boys Flag Football	Coach Santino	Tuesday	3:30 PM - 5:15 PM	Field
Boys Flag Football - Chalk Talk	Coach Santino	Wednesday	1:30 PM - 3:00 PM	Mr. Booker's Room 40A
Boys Flag Football	Coach Santino	Thursday	3:10 PM - 5:00 PM	Field
Girls Cheer	Ms. Angelica & Ms. Coco	Tuesday	3:30 PM - 5:00 PM	Great Hall / Outside Great Hall
Girls Cheer	Ms. Angelica & Ms. Coco	Thursday	3:10 PM - 5:00 PM	Great Hall / Outside Great Hall

CLAREMONT KNIGHTS ATHLETICS - FALL 2026