

EL CAPITAN HIGH SCHOOL

2008 PRACTICE SCHEDULE

<u>TEAMS</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Varsity	4:30p to 6:45p	5:00p to 7:30p	5:15p – 8:00p	3:00p – 4:30p	3:00p-4:30p*	10:00am**
JV	4:30p to 6:45p	5:00p to 7:30p	5:15p – 8:00p	3:00p – 4:30p	3:00p-4:30p*	10:00am**
Freshman 3:30 – 6:30***	3:30p – 6:p	3:30 – 6:30	3:30 – 5:30		3:00 – 5:00	8a-930a****

* If no game

** After game

*** Aug 18-22 only

**** Cleanup after Varsity Home Games