

TIMES

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Open Mat	1	2 Open Mat	3	4
5	6	7	8	9 Alpha weigh-in Hydration	10 Alpha weigh-in Make-up	11
12	13 1st Practice	14	15 Practice	16 Practice	17 Practice	18
19	20 Practice	21 Practice	22 Practice	23 Thanksgiving Day No Practice	24 Practice	25
26	27 Practice	28 Practice Challenge Day	29 Practice	30 Practice		

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TIMES

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Practice	BV Practice Girls @ Pratt Jv Boys @ McP 4:30 PM	2 V-Pratt Boys 10:00 AM
3	4 Practice	5 Practice	6 Practice	7 Double Dual @Andover Ark City 5:00 PM G, JV, and V	8 Practice Girls @ Douglas 3:00 PM	9 V-Douglass 9am JV- Goddard 8:30 AM
10	11 Practice	12 Practice	13 Practice	14 Double Dual @ Valley C Salina C. 5:00 PM G, JV, and V	15 Practice Girls @ North 3:00 PM	16 V-Emporia 9am JV-Rose Hill 8:30 AM
17	18 Practice	19 Practice	20 Practice	21 Practice	22 Practice 9:00 AM	23 -----
24 -----	25 -----	26 No Practice	27 -----	28 -----	29 Practice	30 -----

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TIMES

January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 -----	1 Practice	2 Practice	3 Practice	4 Practice	5 Practice	6 V- Salina South B and G 9 AM JV-Northwest 9:00 AM
7	8 Practice	9 Practice	10 Practice	11 Practice	12 Practice	13 Wichita West Girls
14	15 Practice	16 Practice	17 Practice	18 Practice	19 Practice V @ Hays 2:00 PM	20 V-Hays 9:00 AM JV-Wellington 9:00 AM Girls Wellington
21	22 Practice	23 Practice	24 Practice	25 All @ Home vs. AC 6pm	26 Practice	27 V-Andover 9am Girls-Andover JV-Ark City 9am

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TIMES

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Practice	Practice	Practice	All @ Goddard 6:00 PM	Practice	Need Tournament
4	5	6	7	8	9	10
	Practice	Practice	Practice	Practice	Practice	Girls Regionals 9:00 AM JV-Valley Center 9:00 AM
11	12	13	14	15	16	17
	Practice	Practice	Practice	Practice	Practice Boys Regionals	Boys Regionals
18	19	20	21	22	23	24
	Practice	Practice	Hartman Arena Practice	Hartman Arena 5A Boys/Girls STATE	Hartman Arena 5A Boys/Girls STATE	Hartman Arena 5A Boys/Girls STATE
25	26	27	28			

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