

Fall Sports 1<sup>st</sup> day of practice:

Football:

Var/JV: August 1st 7:30 - 9:30 followed by

MS: August 7th 3:30-5:30 \*\* Meeting on August 1st @ 9:30 AM

Volleyball:

High School Volleyball:

Monday, August 14th 8:00-12:00 at the High School

Middle School Volleyball:

Wednesday, August 23rd 7:30-9:30 at the Elementary School

Cross Country:

HS & MS: Monday, Aug. 14 at 8:30.

Mandatory parent/athlete meeting on Monday, 7/31 at 6:30 in the LWHS gym