

Messalonskee High School
Practice Schedule
November 19, 2018

	Monday Nov. 19	Tuesday Nov. 20	Wednesday Nov. 21	Thursday Nov. 22	Friday Nov. 23	Saturday Nov. 24
Boys Basketball	V 6:15-8:15 JV & F 4:15-6:15	V 2:45-4:45 JV & F 4:45-6:45	V 11:00-1:00 JV 1:00-2:30 F 2:30-4:00		V 10:00-11:00 JV 11:00-12:30 F 12:30-2:00	V 8:00-10:00 JV 10:00-11:30 F 11:30-1:00
Girls Basketball	All Girls 2:45-4:15	All Girls 6:45-8:30	All Girls 8:00-11:00		V 8:00-9:30 JV & F 9:30-11:00	V & JV at Lawrence 9:30 & 12:30 games F-No practice
Cheerleading	5:30-7:30	5:30-7:30	Gym 5:30-7:30		Gym 5:30-7:30	Gym 6:30-8:30 am
Ice Hockey	Colby 6:00-7:00 am	Colby 6:00-7:00 am	Colby 11:30-12:30		Colby 1:00-2:00	Colby 6:00-7:00 am
Indoor Track	All Library 3:30	Throwers 3:00-4:30 Distance 3:30-5:00 Sprints 4:00-5:30	Optional All at 4:00-5:30		Throwers 2:00-3:30 Sprinters/Distance 1:00-2:30	All 8:00-10:00 am
Swimming	Alfond Center 6:45-8:00	Alfond Center 6:45-8:00				Alfond 9:00-11:00