

Date	Group	Time	Notes
Wednesday, November 17, 2021	Distance Running with Coach General Coach Buckley, Coach Haugh	3:15PM - 5:00PM	*Regular practices
	Boy's Throwing with Coach Portillo	3:15PM - 5:00PM	*Regular practices
	Afternoon Sprinting with Coach Cintorino	3:15PM - 4:45PM	*Regular practices
	Night Sprinting with Coach Wong	5:30PM - 7:00PM	*Regular practices
Thursday, November 18, 2021	Distance Running with Coach General Coach Buckley, Coach Haugh	3:15PM - 4:45PM	*Regular practices
	Girl's Throwing with Coach Henning	3:15PM - 4:45PM	*Regular practices
	Boy's Throwing with Coach Portillo	3:15PM - 4:45PM	*Regular practices
	Long & Triple Jump, Hurdles with Coach Arteaga	5:30PM - 7:00PM	*Regular practices
	High Jump with Coach Robinson	5:30PM - 7:00PM	*Regular practices
Thursday, November 18, 2021	All Team Members		
	Team Night Fundraiser - Road Runner Sports 1120 W Broad St. Falls Church, VA 22046	6:00PM - 8:00PM	*Special Team Event
Friday, November 19, 2021	Girl's Throwing with Coach Henning	3:15PM - 5:00PM	*Regular practices
	Afternoon Sprinting with Coach Cintorino	3:15PM - 4:45PM	*Regular practices
	Night Sprinting with Coach Wong	5:30PM - 7:00PM	*Regular practices
Monday, November 22, 2021	Team Pictures	4:00PM	*We will start lining up by 3:30PM - Girls then Boys *Returning athletes bring your uniform to take the pictures *New athletes please bring a blue Marshall shirt
	Night Sprinting with Coach Wong	5:00PM - 6:15PM	*Special Practice time
	Meet the Coach Night	6:30PM - 8:30PM	*Big group meeting in Cafeteria for all sports *Small group meeting - Auditorium
Tuesday, November 23, 2021	Distance Running with Coach General Coach Buckley, Coach Haugh	3:15PM - 4:45PM	*Regular practices
	Girl's Throwing with Coach Henning	3:15PM - 4:45PM	*Regular practices
	Boy's Throwing with Coach Portillo	3:15PM - 4:45PM	*Regular practices
	Long & Triple Jump, Hurdles with Coach Arteaga	5:30PM - 7:00PM	*Regular practices
	High Jump with Coach Robinson	5:30PM - 7:00PM	*Regular practices
	Night Sprinting with Coach Wong	5:30PM - 7:00PM	*Special added practice
Wednesday, November 24, 2021	No team practice		*No School
Thursday, November 25, 2021	No practice		Happy Thanksgiving
Friday, November 26, 2021	Optional Sprint Practice with Coach Wong	12:30PM - 2:00PM	
Saturday, November 27, 2021	Booster Christmas Tree Sales	9:45AM - 7:00PM	*Please sign up to work the event *Mandatory for all team members.