

# November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Coaches Mtg LCHS – 3:30 PM Room 133	9	10	11	12
13	14 M <b>1<sup>st</sup> Day of Practice</b> All Girls - 2:45-5:00	15 F All Girls - 2:45-5:00	16 M All Girls - 2:45-5:00	17 F V/F- 2:30-4:30 JV – 3:30-5:30  Issue Uniforms	18 M <b>Varsity Retreat</b> V/F – 2:30-4:00 JV- 3:30-5:30	19 F <b>Varsity Retreat</b> V-1:00-3:00 F/JV- 9:00-11:00  Winter Camp
20	21 Leo's (924-3600) M V/F- 2:30-4:30 JV – 3:30-5:00  Parent Meetings 5:15 PM	22 F V/F- 2:30-4:30 JV – 3:30-5:30	23 M F/V- 12:30-2:30 JV- 3:30-5:30 ½ Day	24 <b>Thanksgiving (No Practice)</b>	25 F <b>Blue / White Scrimmage (JV/V) @ CV 6:00 PM</b>  <b>F-4:30 practice</b>	26 <b>Jamboree @ WV</b> V- 2:00 PM JV-1:00 PM F-12:00 PM Bus loads @ 10:45
27	28 M V/F- 2:30-4:30 JV – 3:30-5:30  Varsity Team Dinner	29 <b>@ Ferris</b> <b>V-5:30 PM</b> <b>JV-7:15 PM</b> <b>F-3:45 PM</b>	30 M V/F- 2:30-4:30 JV – 3:30-5:30			

# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 V/F- 2:30-4:30 JV – 3:30-5:30	F 2 V/F- 2:30-4:30 JV – 3:00-4:30 Boys vs CDA 5:00	F 3 V-1:00-3:00 F/JV-11:00-1:00 Rehkov gone
4	5 V/F- 2:30-4:30 JV – 3:30-5:30  Varsity Team Dinner	F 6 <b>vs Lewis &amp; Clark</b> <b>V-7:15 PM</b> <b>JV-5:30 PM</b> <b>F-3:45 PM</b>  Unified 2:20-3:10(F)	M 7 V/F- 2:30-4:30 JV – 3:30-5:30	F 8 V/F- 2:30-4:30 JV – 3:30-5:30	F 9 <b>@ Mead</b> <b>V-7:15 PM</b> <b>JV-3:45 PM</b> <b>F-3:30 PM</b>  Unified 2:20-3:10(F)	M 10 F/JV- 9:00-11:00 V- 1:00-3:00 TBA  CV Gyms not avail. Inland Empire WR
11	F 12 V/F- 2:30-4:30 JV – 3:30-5:30	F 13 <b>vs North Central</b> <b>V-5:30 PM</b> <b>JV-7:15 PM</b> <b>F-3:45 PM</b> Unified 2:20-3:10(F)	M 14 V/F- 2:30-4:30 JV – 3:30-5:30  Varsity Team Activity	F 15 <b>vs Mt. Spokane</b> <b>V-5:30 PM</b> <b>JV-3:45 PM</b> <b>F-7:15 PM</b> Unified 2:20-3:10(F)	F 16 V/F- 2:30-4:30 JV – 3:30-5:30	F 17 <b>@ Rogers</b> <b>V-5:30 PM</b> <b>JV-3:45 PM</b> <b>F-7:15 PM</b>
18	M 19 V/F- 2:30-4:30 JV – 3:30-5:30  Varsity Team Dinner	M 20 <b>vs University</b> <b>V-7:15 PM</b> <b>JV-5:30 PM</b> <b>F-3:45</b>	21 Winter Break  No Practice	22 Winter Break  No Practice  Tri-County WR	23 Winter Break  No Practice	24 Winter Break  No Practice
25	F 26 Winter Break  F- 9:00-11:00 V- 10:00-12:00 JV-3:30-5:30	M 27 Winter Break <b>All Girls</b> 9:00-11:00 <b>Hot &amp; Cold Game</b>	F 28 Winter Break F- 9:00-11:00 V- 10:00-12:00 JV-3:30-5:30 Varsity Team Activity	F 29 Winter Break <b>vs Kentlake</b> <b>V-2:00 PM</b> Boys vs Richland 5:00 F- 11:00-1:00 JV-3:30-4:30	F 30 Winter Break <b>@ Moses Lake</b> <b>V-7:00 PM</b> <b>JV-5:15 PM</b> <b>F-5:15 PM</b>	F 31 F/JV-8:00-10:00 V- 9:00-11:00

# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 M Winter Break V-9:00-11:00 F – 10:00-12:00 JV-3:30-5:30 Varsity Team Activity	3 Winter Break @ <b>Gonzaga Prep</b> <b>V-7:15 PM</b> <b>JV-5:30 PM</b> <b>F-3:45 PM</b>	4 F V/F- 2:30-4:15 JV – 3:30-5:30	5 M V/F- 2:30-4:15 JV – 3:00-4:15  GYMNASTICS (4:15)	6 @ <b>Shadle Park</b> <b>V-5:30 PM</b> <b>JV-3:45 PM</b> <b>F-7:15 PM</b> Unified 2:20-3:10(F)	7 M F/JV – 8:00-10:00 V- 9:00-10:45
8	9 F V/F- 2:30-4:15 JV – 3:30-5:30	10 vs <b>Ferris</b> <b>V-7:15 PM</b> <b>JV-5:30 PM</b> <b>F-3:45 PM</b> Unified 2:20-3:10(F)	11 F V/F- 2:30-4:30 JV – 3:30-5:30  WRESTLING (4:30)	12 M V/F- 2:30-4:15 JV – 3:30-5:30  Varsity Team Dinner	13 @ <b>Lewis &amp; Clark</b> <b>V-5:30 PM</b> <b>JV-3:45 PM</b> <b>F-7:15 PM</b> Unified 2:20-3:10(F)	14 M F/JV – 8:00-10:00 V- 9:00-10:45
15	16 F Martin Luther King Day F- 9:00-11:00 V- 10:00-11:45 JV-3:30-5:30	17 vs <b>Mead</b> <b>V-5:30 PM</b> <b>JV-7:15 PM</b> <b>F-3:45 PM</b>	18 M V/F- 2:30-4:15 JV – 3:30-5:30  Varsity Team Activity	19 F vs <b>Lewis &amp; Clark</b> <b>JV- 5:30 PM (NL)</b> <b>F-5:30 PM (NL)</b>  V-2:30-4:15	20 @ <b>North Central</b> <b>V-7:15 PM</b> <b>JV-3:45 PM</b> <b>F-5:30 PM</b> Unified 2:20-3:10(F)	21 M F/JV – 8:00-10:00 V- 9:00-10:45
22	23 F V/F- 2:30-4:15 JV – 3:30-5:30  Varsity Team Dinner	24 vs <b>Gonzaga Prep</b> <b>V-7:15 PM</b> <b>JV-5:30 PM</b> <b>F-3:45 PM</b> Unified 2:20-3:10(F)	25 M V/F- 2:30-4:00 JV – 3:00-4:30  Battle of the Bone WRESTLING (4:30)	26 F V/F- 2:30-4:00 JV – 3:30-5:30	27 vs <b>Rogers</b> <b>V-7:15 PM</b> <b>JV-3:45 PM</b> <b>F-5:30 PM</b> Unified 2:20-3:10(F)	28 M F/JV – 8:00-10:00 V- 9:00-10:30
29	30 F @ <b>University</b> <b>JV-6:00 PM</b> <b>F-4:30 PM</b> Varsity Team Activity V-2:30-4:00	31 <b>Stinky Sneaker vs</b> <b>University</b> <b>Spokane Arena</b> <b>V-5:00 PM</b> F/JV – No Practice				

## February/March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			FEB 1 M V/F- 2:30-4:00 JV- 3:30-5:00 Varsity Team Activity	2 @ Mt. Spokane V-5:30 PM JV-3:45 PM F-7:15 PM Unified 2:20-3:10(F)	3 F V/F- 2:30-4:00 JV- 3:30-5:00	4 vs Shadle Park Senior Night V-7:15 PM JV-3:45 PM F-5:30 PM
5	6 M GSL Tiebreaker V- 2:30-4:00	7 M District Tourney GSL#5vsGSL#4 V- 2:30-4:00 Unified 2:20-3:10(F)	8 F V- 2:30-4:00	9 M V- 2:30-4:00 Unified 2:20-3:10(F)	10 F V- 2:30-4:00	11 M V-9:00-10:30
12	13 F V- 2:30-4:00 Varsity Team Dinner	14 Regional Tourney w/ MCC Unified 2:20-3:10(F)	15 M V- 2:30-3:30	16 F V- 2:30-3:30 Unified 2:20-3:10(F)	17 Snow MU Regional Tourney w/ MCC	18 Regional Tourney w/MCC
19	20 M President's Day V-9:00-10:30	21 F V- 2:30-3:30 Unified 2:20-3:10(F)	22 M V- 2:30-3:30	23 F V- 2:30-3:30 Varsity Team Activity	24 State Tourney 1 <sup>st</sup> Round	25 M State Tourney 1 <sup>st</sup> Round
26	27 F V- 2:30-3:30	28 M Depart for Tacoma 8:00 AM	Mar 1 State Tournament Tacoma, WA	2 State Tournament Tacoma, WA	3 State Tournament Tacoma, WA	4 State Tournament Tacoma, WA