

## **RUGBY, BADMINTON AND TRACK & FIELD PRACTICES**

**Rugby Practice** - Tuesday, Wednesday & Thursday 3pm

**Badminton** - Gr 6 – Mondays at Lunch; Gr. 7/8 – Monday after school. Drop in practice for all grades will be Tuesday mornings at 7:45am and Wednesdays at Lunch.

### **Track & Field Practices:**

Throwing - Wed 3pm

Long Jump & Triple Jump - Mon & Wed 3pm

High Jump - Wed 7:30am & Thur 3pm

Running (sprints) - Mon & Wed/Thur 3pm

Running (distance) - Tue 8am & Thur 3pm