



EAGLE MOUNTAIN MIDDLE SCHOOL 2018 SPRING SEASON PRACTICE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:45am-8:15am	Long Distance Running	Sprints/Relays			
Lunch			Shot Put and Discus		
3:00 - 4:00pm		Badminton Practice Boys Rugby Practice Full Track and Field team practice (over at 4:30)	Badminton Practice Rugby Practice All players Long Jump	Long distance Sprints / Relays Long Jump/High Jump Shot Put/Discus Girls Rugby Practice	
3:30 - 4:30pm		Girls Rugby Games		Gr. 8 Boys Rugby Games	Gr. 6/7 Boys Rugby Games
3:30 - 4:30pm	Mountain Biking (3:45-4:45pm) Bert Flynn Park		Track Mini-Meets		

Rugby Coaches: Mrs. Chen Badminton coaches: Mr. Nordby and Mr. Kwok, Track and Field coaches: Ms. Zubick, Ms. Liski, Mr. Hanna, Mr. Birsan Mountain Biking: Mr. McConville and Mr. Fong