

Fall Sports Practice Schedule 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Grade 8 V-Ball (Yuen & Gallant)			Fitness and Conditioning (Yau, Sandilands, Neigum)
Lunch	Drop-in Non-competitive V-ball (McCutcheon)	Grade 6 Volleyball (Shivji & Neigum)	Intramurals with Place Maillardville	Grade 6 Volleyball (Shivji & Neigum)	Grade 8 V-Ball (McCutcheon & Gallant)
After School	Grade 7 V-Ball (Mak & Mannavarayan) Cross-Country (Vanderby & Yau) Swim Practices (Wald & Chady)	Grade 7 Volleyball Games (Mak & Mannavarayan)	Swim Practice (Chady & Wald) Grade 8 Volleyball Games (Yuen & Gallant)	Grade 7 V-Ball (Mak & Mannavarayan) Cross- Country Meets (Vanderby)	