

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>TRYOUTS</i> Seniors - 6:00 - 8:30pm Juniors - 6:00 - 8:30pm Sophomores - 6:00 - 8:30pm Freshmen - 4:30 - 6:00pm	19 <i>TRYOUTS</i> Group A - 6:00 - 8:30pm Group B - 4:30 - 6:00pm	20 <i>TRYOUTS</i> Group A - 6:00 - 8:30pm Group B - 4:30 - 6:00pm	21 Varsity - 5:00 - 7:30pm JV - 5:00 - 7:30pm Freshmen - 2:45 - 4:45pm	22 Varsity - 5:00 - 7:30pm JV - 5:00 - 7:30pm Freshmen - 2:45 - 4:45pm	23 <i>Irish Football 1pm</i> Varsity - 11:00am-1:00pm JV - 6:00pm 8:00pm Freshmen - 6:00pm-8:00pm HNA 1:00pm - 3:00pm
24	25 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 - 5:00pm SC30 - 4:30-5:00pm	26 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 - 5:00pm SC30 - 4:30-5:00pm	27 Varsity - 4:30 - 7:30pm JV - 2:45 - 5:00pm Freshmen - 2:45 - 5:00pm SC30 - 4:30-5:00pm <i>Early Dismissal 12pm</i>	28 THANKSGIVING <i>No Practice</i> <i>No School</i>	29 JAMBOREE @ O'DEA Varsity - 10:00am - 12:45pm JV - 9:30am - 12:45pm Freshmen - 10:00am - 12:45pm SC30 - 10:00-11:45am <i>No School</i>	30 <i>Irish Football 6pm</i> Varsity - 10:15pm-1:00pm JV - 9:00am 11:00am Freshmen - 9:00am-11:00am SC45 - 10:15pm-11:00pm HNA 4:00pm-6:00pm

Updated 1/10/20 #6

SC - Strength & Conditioning with Coach Paynter - Late practice goes before. Early practice goes after. All times listed include SC. ALL TIMES ARE SUBJECT TO CHANGE

Jamboree Schedule: 10:15am - JV Timberline vs JV Curtis 10:40am - JV Curtis vs JV O'Dea 11:05am - JV Timberline vs JV O'Dea 11:30am - V Timberline vs V Curtis 11:55am - V Curtis vs V O'Dea 12:20pm - V Timberline vs V O'Dea

Jamboree Strength & Conditioning Schedule: SC30 Varsity 10:00am to 10:30am SC30 Freshmen 10:30am to 11:00am SC30 Junior Varsity 11:15am to 11:45am

10 minute quarter each game

MUST ATTEND ALL PRACTICES AND PARTICIPATE FULLY TO BE ELIGIBLE FOR THE JAMBOREE

8 minute warmup for each game

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm	3 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm	4 Varsity - 4:30 - 7:30pm JV - 7:00 - 8:30am Frosh @ Chief Sealth 4:00pm SC30 - 4:30-5:00pm	5 Varsity - 4:30 - 7:30pm JV - 2:45 - 5:00pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm Wrestling Away	6 QUAD w/ Holy Names Varsity vs Chief Sealth 8:00pm JV vs Chief Sealth 6:30pm Freshmen - No Practice Varsity Shooting 2:30-3:00pm	7 <i>Placement Exam</i> Varsity - 6:00pm-8:30pm JV - 10:00am 12:00pm Freshmen - 10:00am-12:00pm <i>Irish Football TBA</i> HNA 12:-2pm
8	9 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm	10 Varsity @ Bainbridge 7:30pm JV @ Bainbridge 5:45pm Frosh @ Bainbridge 4:00pm Varsity Shooting TBA Wrestling Home 6:30pm	11 Varsity - 4:30 - 7:30pm JV - 7:00 - 8:30am Freshmen - 7:00 -8:30am SC30 - 4:30-5:00pm	12 Varsity - 2:30 - 5:00pm JV - 6:30 - 7:45am Freshmen - No practice SC30 - 4:30-5:00pm Wrestling Home 6:30pm	13 Varsity @ Ballard 8:30pm JV @ Ballard 5:30 pm Freshmen - 2:30 -6:00pm Varsity Shooting 2:30-3:00pm	14 <i>Placement Exam</i> Varsity - 12:15pm-3:00pm JV - 8:30am 10:30am Frosh vs Cleveland 11:00am SC45 - 12:15pm-1:00pm Wrestling Away
15	16 Varsity @ Lakeside 7:30pm JV @ Lakeside 5:45 pm Frosh @ Lakeside 4:00pm Varsity Shooting 2:30-3:00pm	17 <i>Metro League Bye</i> Varsity - City of Palms Classic JV - 2:45 - 4:00pm Freshmen - 2:45 - 4:00pm Wrestling Home 6:30pm	18 Varsity - City of Palms Classic JV - 2:45 - 4:30pm Frosh @ Ballard 6:00pm	19 Varsity - City of Palms Classic JV - 2:45 - 4:30pm Freshmen - 2:45 - 4:30pm Wrestling Away	20 Varsity - City of Palms Classic JV - No Practice Freshmen - No Practice Early Dismissal 12pm	21 Varsity - City of Palms Classic JV - No Practice Freshmen - No Practice Wrestling Away
22 Varsity - City of Palms Classic <i>Christmas Break</i>	23 Varsity - City of Palms Classic JV - No Practice Freshmen - No Practice <i>Christmas Break</i>	24 Varsity - City of Palms Classic <i>CHRISTMAS EVE</i> No Practice <i>Christmas Break</i>	25 <i>CHRISTMAS DAY</i> No Practice <i>Christmas Break</i>	26 Varsity - No Practice JV - 10:15am 12:15pm Freshmen - 10:15am-12:15pm <i>Christmas Break</i>	27 Varsity - No Practice JV - 10:15am 12:15pm Freshmen - 10:15am-12:15pm <i>Christmas Break</i>	28 <i>Alumni Open Gym 3pm</i> Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>Christmas Break</i>
29 <i>Christmas Break</i>	30 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>Christmas Break</i>	31 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>Christmas Break</i>	1	2	3	4

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JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>NEW YEARS DAY</i> <i>No Practice</i> <i>Christmas Break</i>	2 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>Christmas Break</i>	3 QUAD w/ Holy Names Varsity vs R. Beach 7:30pm JV vs R. Beach 5:45pm Frosh vs R. Beach 11:00am Varsity Shooting 1:00-1:30pm <i>Christmas Break</i>	4 Varsity @ West Seattle 8:30pm JV @ West Seattle 5:30pm Frosh @ West Seattle 2:15pm Varsity Shooting 5:30-6:00pm <i>Christmas Break</i>
5 <i>Christmas Break</i>	6 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm	7 Varsity vs Garfield 7:30pm JV vs Garfield 5:45pm Frosh vs Garfield 4:00pm Varsity Shooting 2:30-3:00pm	8 <i>WINTER OPEN HOUSE</i> Varsity - 4:30 - 7:30pm JV - 7:00 - 8:30am Freshmen - 7:00 -8:30am SC30 - 4:30-5:00pm	9 Varsity - 4:30 - 7:00pm JV - 2:45 - 5:00pm Frosh @ Lincoln 7:30pm SC30 - 4:30-5:00pm <i>Wrestling Away</i>	10 Varsity @ Lincoln 7:30pm JV @ Lincoln 4:30pm Freshmen - 3:00 -5:00pm Varsity Shooting 2:30-3:00pm <i>Picture Day 2:30pm</i>	11 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>Wrestling Away</i>
12	13 <i>FINALS - Early Dismissal</i> Varsity - 4:30 - 6:45pm JV - 1:30 - 3:10pm Frosh vs Nathan Hale 3:30pm SC30 - 4:30-5:00pm	14 <i>FINALS - Early Dismissal</i> Varsity @ Eastside C. 7:30pm JV @ Eastside C. 5:45pm Frosh - No Practice Varsity Shooting 2:30-3:00pm <i>Wrestling Away Picture Day</i>	15 <i>FINALS - Early Dismissal</i> Varsity - 4:30 - 6:45pm JV - No Practice Frosh - No Practice SC30 - 4:30-5:00pm	16 <i>FINALS - Early Dismissal</i> Varsity - 4:30 - 6:45pm JV - 2:30 - 5:00pm Frosh @ Seattle Prep 7:30pm SC30 - 4:30-5:00pm <i>Wrestling Away</i>	17 QUAD w/ Holy Names Varsity vs Nathan Hale 8:00pm JV vs Nathan Hale 6:30pm Freshmen - No Practice Varsity Shooting 2:30-3:00pm <i>NO SCHOOL</i>	18 Varsity - 1:15pm-4:00pm JV vs Curtis 12:00pm Freshmen vs Curtis 10:30am SC45 - 1:15pm-2:00pm <i>Wrestling Away</i>
19	20 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Freshmen - 10:15am-1:00pm SC45 - 12:15pm-1:00pm <i>MLK DAY - NO SCHOOL</i>	21 Varsity vs Ingraham 7:30pm JV vs Ingraham 5:45pm Frosh vs Ingraham 4:00pm Varsity Shooting 2:30-3:00pm	22 Varsity - 4:30 - 7:30pm JV - 7:00 - 8:30am Freshmen - 7:00 -8:30am SC30 - 4:30-5:00pm	23 Varsity - 2:30 - 5:00pm JV - 6:30 - 7:45am Freshmen - No practice SC30 - 4:30-5:00pm <i>Wrestling Home 6:30pm</i>	24 Varsity @ Blanchet 8:30pm JV @ Blanchet 5:30pm Freshmen - 3:00 -5:00pm Varsity Shooting 2:30-3:00pm <i>Winter Ball</i>	25 Varsity - 12:15pm-3:00pm JV vs Emerald Ridge 11:00am Frosh @ Blanchet 2:00pm SC45 - 12:00pm-12:45pm
26	27 Varsity - 4:30 - 7:30pm JV - 4:30 - 7:30pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm	28 Varsity vs Franklin 7:30pm JV vs Franklin 5:45pm Frosh vs Franklin 4:00pm Varsity Shooting 2:30-3:00pm	29 Varsity - 4:30 - 7:30pm JV - 7:00 - 8:30am Freshmen - 7:00 -8:30am SC30 - 4:30-5:00pm	30 Varsity - 4:30 - 7:30pm JV - 2:45 - 5:00pm Freshmen - 2:45 -5:00pm SC30 - 4:30-5:00pm <i>Wrestling Away</i>	31 Varsity @ Roosevelt 8:30pm JV @ Roosevelt 5:30pm Freshmen - 3:00 -5:00pm Varsity Shooting 2:30-3:00pm	

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FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Varsity - 12:15pm-3:00pm JV - 10:15am 1:00pm Frosh @ Roosevelt 2:00pm SC45 - 12:15pm-1:00pm <i>Italian Dinner</i>
2	3 Varsity - 6:00 - 8:30pm JV - 6:30 - 7:45am Frosh vs Lakeside 5:00pm SC30 - 6:00-6:30pm	4 Varsity vs Cleveland 7:30pm JV vs Cleveland 5:45pm Freshmen - 3:00 -4:30pm Varsity Shooting 2:30-3:00pm <i>Senior Night</i>	5 Varsity - 6:00 - 8:30pm JV - 7:00 - 8:15am Frosh vs Blanchet 5:00pm SC30 - 6:00-6:30pm	6 Varsity - 6:00 - 8:30pm JV - 6:30 - 7:45am Frosh vs Seattle Prep 5:00pm SC30 - 6:00-6:30pm	7 Varsity @ Seattle Prep 8:30pm JV @ Seattle Prep 5:30pm Varsity Shooting 2:30-3:00pm Wrestling Metro	8 Varsity - 12:15pm-3:00pm SC45 - 12:15pm-1:00pm Wrestling Metro
9	10 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm METRO PLAYOFFS	11 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm METRO PLAYOFFS	12 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm METRO PLAYOFFS	13 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm METRO PLAYOFFS	14 Blood Drive Varsity - 12:00pm-3:00pm <i>No Varsity players are allowed to donate blood</i> SC45 - 12:00pm-12:45pm METRO PLAYOFFS	15 Varsity - 12:15pm-3:00pm SC45 - 12:15pm-1:00pm METRO PLAYOFFS
16	17 Presidents Day - No School Varsity - 12:15pm-3:00pm SC45 - 12:15pm-1:00pm DISTRICT PLAYOFFS	18 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm DISTRICT PLAYOFFS	19 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm DISTRICT PLAYOFFS	20 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm DISTRICT PLAYOFFS	21 Varsity - 4:30 - 7:30pm Wrestling State SC30 - 4:30-5:00pm DISTRICT PLAYOFFS	22 Varsity - 12:15pm-3:00pm SC45 - 12:15pm-1:00pm DISTRICT PLAYOFFS
23	24 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	25 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	26 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	27 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	28 REGIONAL PLAYOFFS	29 REGIONAL PLAYOFFS

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MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Spring Sports Begins</i> Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	3 Varsity - 4:30 - 7:30pm SC30 - 4:30-5:00pm	4 State Tournament Varsity - 4:30 - 7:30pm <i>Shoot Around TBA</i> SC30 - 4:30-5:00pm	5 State Tournament <i>Shoot Around TBA</i>	6 State Tournament <i>Shoot Around TBA</i>	7 State Tournament <i>Shoot Around TBA</i>
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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