	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4	5
	5	7	8	9	10	11	12
	13	14 TRYOUTS	15 TRYOUTS	16 TRYOUTS	17	18	19 Football 1pm
		Seniors - 6:00 - 8:30pm	Varsity - 6:00 - 8:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 3:00pm - 6:00pm
		Juniors - 6:00 - 8:30pm	JV - 4:30 - 6:00pm	JV - 7:00 - 8:30am	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV - 6:00pm - 8:00pm
		Sophomores - 6:00 - 8:30pm	Freshmen - 4:30 - 6:00pm	Freshmen - 7:00 - 8:30am	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 6:00pm - 8:00pm
		Freshmen - 4:30 - 6:00pm		SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 3:00pm - 3:30pm
-				First Round of Cuts		Final Cuts	Media Day 11:15am-12:30pm
	20	, ,	.,	23 Early Dismissal 12pm	24		26 Kentridge Jamboree
		Varsity - 4:30 - 7:30pm	Varsity - 4:30 - 7:30pm	Varsity - 4:30 - 7:30pm	THANKSGIVING	Varsity - 11:30am - 3:00pm	Varsity 1:30pm/2:30pm
		JV - 2:30 - 4:30pm	JV - 2:30 - 4:30pm	JV - 2:30 - 4:30pm	No Practice	JV - 10:30am - 1:00pm	JV - 10:30am/11:30am
		Freshmen - 2:30 -4:30pm	Freshmen - 2:30 -4:30pm	Freshmen - 2:30 -4:30pm		Freshmen - 10:30am - 1:00pm	Freshmen - 10:30am/11:30am
		SC30 - 12:30-1:00pm	SC30 - 12:30-1:00pm	SC30 - 12:30-1:00pm	No School	RB30 - 12:00pm - 12:30pm No School	Away uniforms
-	27	28	29	30		140 501001	Away unijonnis
	-	Varsity - 4:00 - 7:30pm	Varsity vs Timberline 7:15pm	Varsity - 4:00 - 7:30pm			
		JV - 3:30 - 5:00pm	JV vs Timberline 5:45pm	JV - 7:00 - 8:45am		VEMB	
		Freshmen - 3:30 -5:00pm	Freshmen vs Timberline 4:30pm	Freshmen - 7:00 - 8:45am		VEIVIB	<b>FK</b>
		SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 8:15am - 8:45am JV/F			
			· · ·	SC30 - 4:30pm - 5:00pm			
							Updated 12/6/22 #7

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE Home Game

Away Game

SU	INDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2	3
					Varsity - 4:00 - 7:30pm	Varsity @ Rainier Beach 8:30pm	Varsity - 11:30am - 3:00pm
		CEMB	FK		JV - 3:30 - 5:00pm	JV @ Rainier Beach 7:00pm	JV vs Rogers 3:00pm
					Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen @ R. Beach 11:00am
					SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 12:00pm - 12:30pm V
							SC30 - 12:30pm - 1:00pm F
		5	6	7 Wrestling Away	8	9	10
		Varsity - 4:00 - 7:30pm	Varsity @ West Seattle 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity @ Roosevelt 8:30pm	Varsity - 1:00pm - 4:00pm
		JV - 3:30 - 5:00pm	JV @ West Seattle 5:45pm	JV - 3:00 - 5:00pm	JV - 3:30 - 5:00pm	JV @ Roosevelt 7:00pm	JV vs Jackson 10:30am
		Freshmen - 3:30 -5:00pm	Freshmen - 3:00 -5:00pm	Freshmen - 3:00 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:00 -5:00pm	Freshmen vs Jackson 12:00pm
		SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 3:00pm - 3:30pm JV/F	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 1:30pm - 2:00pm
				SC30 - 4:30pm - 5:00pm			
1		12	13	14 Wrestling Away	15	16	17
		Varsity - 4:00 - 7:30pm	Varsity vs Seattle Prep 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		JV - 3:30 - 5:00pm	JV vs Seattle Prep 5:45pm	JV - 3:00 - 5:00pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV - 10:30am - 1:00pm
		Freshmen @ Roosevelt 7:30pm	Freshmen vs Seattle Prep 4:00pm	Freshmen - 3:00 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 10:30am - 1:00pm
		SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 3:00pm - 3:30pm JV/F	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 12:30pm V
				SC30 - 4:30pm - 5:00pm		Early Dismissal 12pm	SC30 - 12:30pm - 1:00pm JV/F
8 Christm	nas Break	19 Christmas Break	20 Christmas Break	21 Christmas Break	22 Christmas Break	23 Christmas Break	24 Christmas Break
		Varsity - 11:30am - 3:00pm	Varsity vs Eastside Cath 6:00pm	Varsity @ Curtis 7:00pm	Varsity - 11:30am - 3:00pm	Varsity - 11:30am - 3:00pm	
		JV - 10:30am - 1:00pm	JV vs Eastside Cath 4:30pm	JV @ Curtis 5:30pm	JV - 10:30am - 12:30pm	JV - No Practice	CHRISTMAS EVE
		Freshmen - 10:30am - 1:00pm	Freshmen vs Eastside Cath 3:00pm	Freshmen @ Curtis 4:00pm	Freshmen - 10:30am - 12:30pm	Freshmen - No Practice	No Practice
		SC30 - 12:00pm - 12:30pm V	Varsity Shooting 2:00-2:30pm	Varsity Shooting 3:00-3:30pm	RB30 - 12:00pm - 12:30pm	RB30 - 12:00pm - 12:30pm	
		SC30 - 12:30pm - 1:00pm JV/F					
5		26	27	28	29	30	31
		Varsity - Travel to	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic	Varsity - Torrey Pines Classic	Varsity - Travel back to
CHRIST	TMAS DAY	San Diego	Game 1 TBA	Game 2 TBA	Game 3 TBA	Game 4 TBA	Seattle
No I	Practice	JV - No Practice	JV - No Practice	JV - No Practice	JV - No Practice	JV - No Practice	JV - No Practice
		Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice	Freshmen - No Practice
Christn	mas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break
							Updated 12/6/22 #

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE
Home Game Away Game Abnormal Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
J	2 No School		4 Open House		6	
1	Varsity - 11:30am - 3:00pm	Varsity @ Blanchet 7:30pm	Varsity - 6:00 - 7:30pm		Varsity @ Garfield 8:30pm	/ Varsity - 11:30am - 3:00pm
	JV - 10:30am - 1:00pm	JV @ Blanchet 5:45pm	JV - 3:30 - 5:00pm	Varsity - 4:00 - 7:30pm JV - 6:15 - 7:45am		JV - 10:30am - 1:00pm
	•		•		JV @ Garfield 7:00pm	Freshmen @ Garfield 11:00am
	Freshmen - 10:30am - 1:00pm	Freshmen @ Blanchet 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 6:15 -7:45am	Freshmen - 3:30 -5:00pm	
	SC30 - 12:00pm - 1:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 1:30pm - 2:00pm F/JV/V	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 12:00pm - 1:00pm
	2	10	Early Dismissal 1:25pm 11 Wrestling Away	12	13	14
8	9		<b>3 3 1</b>			
	Varsity - 4:00 - 7:30pm	Varsity vs Rainier Beach 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs West Seattle 7:30pm	Varsity - 11:30am - 3:00pm
	JV - 3:30 - 5:00pm	JV vs Rainier Beach 5:45pm	JV - 3:00 - 5:00pm	JV - 3:30 - 5:00pm	JV vs West Seattle 5:45pm	JV vs Federal Way 3:00pm
	Freshmen - 3:30 -5:00pm	Freshmen vs R. Beach 4:00pm	Freshmen - 3:00 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen vs W. Seattle 4:00pm	Freshmen - 10:30am - 1:00pm
	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 3:00pm - 3:30pm JV/F	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 12:00pm - 1:00pm
			SC30 - 4:30pm - 5:00pm			
15	16 MLK DAY - NO SCHOOL	17	18 Wrestling Away	19 Final Exams	20 Final Exams	21
	Varsity - 11:30am - 3:00pm	Varsity - 4:00 - 7:30pm	Varsity vs Roosevelt 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity @ Seattle Prep 5:00pm
	JV - 10:30am - 1:00pm	JV - 3:30 - 5:00pm	JV vs Roosevelt 5:45pm	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV @ Seattle Prep 3:30pm
	Freshmen - 10:30am - 1:00pm	Freshmen - 3:30 -5:00pm	Freshmen vs Roosevelt 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen @ Seattle Prep 11:00am
	SC30 - 12:00pm - 1:00pm	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:00-2:30pm
					Winter Ball	
22	23 No School	24	25	26 Wrestling Away	27	28
Varsity - 5:30pm - 8:00pm	Varsity @ Eastside Cath. 7:30pm	Varsity - Film 2:30 - 3:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity vs Blanchet 3:00pm
JV - 3:30pm - 5:30pm	JV @ Eastside Cath. 5:45pm	JV - No Practice	JV - 7:00 - 8:45am	JV - 3:30 - 5:00pm	JV - 3:30 - 5:00pm	JV vs Blanchet 1:30pm
Freshmen - 3:30pm - 5:30pm	Freshmen @ Eastside Cath. 4:00pm	Freshmen - No Practice	Freshmen - 7:00 - 8:45am	Freshmen - 3:30 -5:00pm	Freshmen - 3:30 -5:00pm	Freshmen vs Blanchet 12:00pm
SC30 - 6:00pm - 6:30pm	Varsity Shooting 2:30-3:00pm	SC30 - 3:00 - 3:30pm	SC30 - 8:15am - 8:45am JV/F	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	Varsity Shooting 12:00-12:30pm
			SC30 - 4:30pm - 5:00pm			Senior Night
29	30	31				
	Varsity - 5:30 - 8:30pm	Varsity vs Garfield 7:30pm				
	JV - 3:00pm - 4:30pm	JV vs Garfield 5:45pm				
	Freshmen Tournament 5pm	Freshmen vs Garfield 4:00pm			JANU	
	SC30 - 6:00pm - 6:30pm					
						Updated 12/6/22 #7

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE Away Game

Home Game

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Varsity - 5:30 - 8:30pm	Varsity - 5:30 - 8:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
			Freshmen Tournament 5pm	Freshmen Tournament 5pm		
			SC30 - 6:00pm - 6:30pm	SC30 - 6:00pm - 6:30pm	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 1:00pm
					Wrestling Metro	Wrestling Metro
i	6	7	8	9	10 NO SCHOOL- Staff Retreat	11
	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm				
	SC30 - 4:30pm - 5:00pm METRO PLAYOFFS	SC30 - 12:00pm - 1:00pm DISTRICT PLAYOFFS				
2	13			16	METRO PLAYOFFS	18
2	13 Varsity - 4:00 - 7:30pm	14 Varsity - 4:00 - 7:30pm	15 Varsity - 4:00 - 7:30pm	16 Varsity - 4:00 - 7:30pm	17 Varsity - 4:00 - 7:30pm	18 Varsity - 11:30am - 3:00pm
	varsity - 4.00 - 7.50pm	varsity - 11:50am - 5:00pm				
	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 1:00pm				
	DISTRICT PLAYOFFS					
9	20 No School	21	22	23	24	25
	Varsity - 11:30am - 3:00pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm			
	SC30 - 12:00pm - 1:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 1:00pm			
					REGIONAL PLAYOFFS	REGIONAL PLAYOFFS
26	27	28				
	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm		_		
					EBRU	
					LDIVOI	
	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm				
		I				
						Updated 12/6/22 #

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE

Home Game Away Game

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
ΝΛΛ	DCL		Varsity vs TBD	Varsity vs TBD	Varsity vs TBD	Varsity vs TBD
IVIA	RCH					
			STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
20	27	28	29	30	51	
						Updated 12/6/22 #

SC - Strength & Conditioning with Coach Paynter. All practice times include Film Sessions and SC. ALL TIMES ARE SUBJECT TO CHANGE Home Game

Away Game