_	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUNDAY	MONDAT	TUESDAT	WEDNESDAY	THURSDAY	FRIDAT	SATURDAY
			1	2	3	4	5
6		7	8	9	10	11	12
1	3	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
L				First Round of Cuts		Final Cuts	Media Day 11:15am-12:30pm
2	0	21 Early Dismissal 12pm	22 Early Dismissal 12pm	23 Early Dismissal 12pm	24	25	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		RB30 - 12:00pm - 12:30pm	
L					No School	No School	Away uniforms
2	7	28		30			
		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		AFIAID	
		SC30 - 4:30pm - 5:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 8:15am - 8:45am JV/F			
L				SC30 - 4:30pm - 5:00pm			Underted 1 /12 /22 #0

Updated 1/13/23 #9

	SUNDAY	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
		SEIVID			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
L							SC30 - 12:30pm - 1:00pm F
4		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	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 - 4:30 - 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 - 12:00pm - 12:30pm	SC30 - 12:00pm - 12:30pm V
L				SC30 - 4:30pm - 5:00pm		Early Dismissal 12pm	SC30 - 12:30pm - 1:00pm JV/F
1	8 Christmas Break	19 Christmas Break		21 Christmas Break	22 Christmas Break	23 Christmas Break	24 Christmas Break
		Varsity - 4:00pm - 7:300pm	Varsity vs Eastside Postponed	Varsity @ Curtis 7:00pm	Varsity - 11:30am - 3:00pm	Varsity - Cancelled	Varsity - 10:00am - 12:30pm
		JV - 10:30am - 1:00pm	JV vs Eastside Postponed	JV @ Curtis 5:30pm	JV - 10:30am - 12:30pm	JV - No Practice	CHRISTMAS EVE
		Freshmen - 10:30am - 1:00pm	Freshmen vs Eastside Postponed	Freshmen @ Curtis 4:00pm	Freshmen - 10:30am - 12:30pm	Freshmen - No Practice	
		SC30 - 4:30pm - 5:00pm V	Varsity Shooting 2:00-2:30pm	Varsity Shooting 3:00-3:30pm	RB30 - 12:00pm - 12:30pm	RB30 - 12:00pm - 12:30pm	
2	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
	CHRISTMAS DAY	San Diego	Game 1 TBA	Game 2 TBA	Game 3 TBA	Game 4 TBA	Seattle
	No 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
	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break
		•		•			Updated 1/13/23 #9

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No School	3	4 Open House	5 Wrestling @ Home	6	7
	Varsity - 11:30am - 3:00pm	Varsity @ Blanchet 7:30pm	Varsity - 6:00 - 7:30pm	Varsity - 2:30 - 5:00pm	Varsity @ Garfield 8:30pm	Varsity - Off
	JV - 10:30am - 1:00pm	JV @ Blanchet 5:45pm	JV - 3:30 - 5:00pm	JV - 6:15 - 7:45am	JV @ Garfield 7:00pm	JV - 10:30am - 12:30pm
	Freshmen - 10:30am - 1:00pm	Freshmen @ Blanchet 4:00pm	Freshmen - 3:30 -5:00pm	Freshmen - 6:15 -7:45am	Freshmen - 3:30 -5:00pm	Freshmen @ Garfield 11:00am
	SC30 - 12:00pm - 1:00pm	Varsity Shooting 2:30-3:00pm	SC30 - 1:30pm - 2:00pm F/JV/V	SC30 - 2:30pm - 3:00pm	Varsity Shooting 2:30-3:00pm	
			Early Dismissal 1:25pm			
8	9	10	11 Wrestling Away	12	13	14
	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 - Off
	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 - 10:30am - 12:30pm
	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 - 12:30pm
	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 - 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 11:00-11:30pm
			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 1/13/23 #9

	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
5		6	7	8	9	10 NO SCHOOL- Staff Retreat	11
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 1:00pm
		METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	METRO PLAYOFFS	DISTRICT PLAYOFFS
1	2	13	14	15	16	17	18
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm	Varsity - 11:30am - 3:00pm
		SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm	SC30 - 12:00pm - 1:00pm
-		DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS	DISTRICT PLAYOFFS
1	9			22		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			
-		27	20			REGIONAL PLAYOFFS	REGIONAL PLAYOFFS
2	ь		28				
		Varsity - 4:00 - 7:30pm	Varsity - 4:00 - 7:30pm				NOV
					–	EBRU	
		SC30 - 4:30pm - 5:00pm	SC30 - 4:30pm - 5:00pm				
		3C30 - 4:30pm - 3:00pm	3C30 - 4:30pm - 3:00pm				
							Updated 1/13/23 #9

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30113711	III OND III	TOESDATI	1		3	4
				Varsity vs TBD	Varsity vs TBD	Varsity vs TBD	Varsity vs TBD
		RCH					
				STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT	STATE TOURNAMENT
5		6	7	8	9	10	11
-		40	14	4-	46	45	40
12		13	14	15	16	17	18
19		20	21	22	23	24	25
26		27	28	29	30	31	
							Updated 1/13/23 #9