



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WINTER BREAK PRACTICE 9-11 Weight Room 1100-1145	2 WINTER BREAK PRACTICE 9-11 Weight Room 1100-1145	3 WINTER BREAK Practice 9-11 <u>Spokane Dual (HOME) JV/V 530 700</u> ^{Mt}	4 WINTER BREAK Practice 9-11 <u>Dual (AWAY) 530 700</u> ^{Mead}	5 WINTER BREAK <u>Pacific NW Classic Day 1 (V) JV practice 9-11</u> Weight Room 11:00-1145	6 WINTER BREAK <u>Pacific NW Classic Day 2 (V) JV practice 9-11</u> Weight Room 11:00-1145
7 WINTER BREAK	8 School Resumes Weight Room 2:40-3:15 PRACTICE 3:15-5:30	9 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	10 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	11 <u>Central Valley Dual (Home) V/JV 530-7:00</u>	12 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	13 <u>Saxon JV Toun. (HOME) 900 Varsity HELP</u>
14	15 MLK DAY NO SCHOOL PRACTICE 9-11 Weight Room 1100-1145	16 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	17 Senior Nlght <u>University Dual (HOME) (V/JV) 530 7:00</u>	18 <u>Cheney (AWAY) V/JV 530/7:00</u>	19 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	20 Tiger Dual Meet (JV) 9:00 Varsity practice 9-11 Weight Room 11-11:45
21	22 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	23 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	24 <u>King of the Hill L-C HS (AWAY) 530/7:00</u>	25 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	26 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	27 <u>Spo-K-Loo (FRESHMEN ONLY) 9:00 Practice 9-11</u> Weight Room 11-11:45
28	29 Pre Seed Meeting Weight Room 2:40-3:15 PRACTICE 3:15-5:30	30 Weight Room 2:40-3:15 PRACTICE 3:15-5:30	31 Weight Room 2:40-3:15 PRACTICE 3:15-5:30			