

HIGH SCHOOL ATHLETICS

KEENE CHARGERS ATHLETIC SCHEDULE

HIGH SCHOOL BOYS ATHLETICS

| SPORT | 8/10/20 - MONDAY | 8/11/20 - TUESDAY | 8/12/20 - WEDNESDAY | 8/13/20 - THURSDAY | 8/14/20 - FRIDAY | 8/15/20 - SATURDAY |
|----------------------|----------------------------------|--------------------------------|----------------------------------|----------------------------------|----------------------------------|--------------------|
| BASEBALL | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | |
| | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | |
| | 8:20am-8:45am (Shower/Breakfast) | 8:20-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | |
| BASKETBALL | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | |
| | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | |
| | 8:20am-8:45am (Shower/Breakfast) | 8:20-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | |
| CROSS COUNTRY | WORKOUT | 8:00am - REPORT TO CAFETERIA | WORKOUT | WORKOUT | WORKOUT | |
| | 6:30am-8:20am | 3:45pm-5:00pm - WORKOUT | 6:30am-8:20am | 6:30am-8:20am | 6:30am-8:20am | |
| | 8:20am-8:45am (Shower/Breakfast) | | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | |
| SOCCER | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | OFF-SEASON WORKOUT | |
| | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | 7:00am-8:20am | |
| | 8:20am-8:45am (Shower/Breakfast) | 8:20-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | 8:20am-8:45am (Shower/Breakfast) | |

HIGH SCHOOL GIRLS ATHLETICS

| SPORT | 8/10/20 - MONDAY | 8/11/20 - TUESDAY | 8/12/20 - WEDNESDAY | 8/13/20 - THURSDAY | 8/14/20 - FRIDAY | 8/15/20 - SATURDAY |
|----------------------|----------------------------|-------------------------------|--------------------------|----------------------------|------------------------------|--------------------|
| CROSS COUNTRY | PRACTICE 2:45 - 4:00 PM | PRACTICE 6:30 - 7:15 AM | PRACTICE 2:45 - 3:30 PM | PRACTICE 2:45 - 4:00 PM | PRACTICE 2:45 - 4:00 PM | RECOVERY RUN ON |
| | | Weights/Lift - 2:45 - 3:30 PM | | | | YOUR OWN |
| VOLLEYBALL | 2:50-3:30 V Condition (FH) | 2:15 HS Dismiss for Blum | 2:50-3:30 Varsity (FH) | 2:50-3:30 V Condition (FH) | 1:50-2:00 Dismiss for Palmer | |
| | 2:50-4:30 JV VB (JH) | 4:00-8:00 HS @ Blum | 2:50-4:30 JV/Fr (JH) | 2:50-4:30 JV VB (JH) | 4:00-8:00 Varsity then JV/Fr | |
| | 3:30-5:30 V (HS)/JV (FH) | | 3:30-5:30 V (HS)/JV (FH) | 3:30-5:30 V (HS)/JV (FH) | | |
| OFFSEASON | MEET @ FIELD HOUSE-8TH | MEET @ FIELD HOUSE-8TH | MEET @ FIELD HOUSE-8TH | MEET @ FIELD HOUSE-8TH | MEET @ FIELD HOUSE-8TH | NO WORKOUT |
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