HIGH SCHOOL ATHLETICS

KEENE CHARGERS ATHLETIC SCHEDULE

HIGH SCHOOL BOYS ATHLETICS

SPORT	9/14/20 - MONDAY	9/15/20 - TUESDAY	9/16/20 - WEDNESDAY	9/17/20 - THURDAY	9/18/20 - FRIDAY	9/19/20 - SATURDAY
BASEBALL	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	
	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	
	7:55am-8:20am Baseball	7:55am-8:20am Baseball	7:55am-8:20am Baseball	7:55am-8:20am Baseball	7:55am-8:20am Baseball	
BASKETBALL	OFF-SEASON WORKOUT	Open Gym 6:00am-6:50am	Open Gym 6:00am-6:50am	Open Gym 6:00am-6:50am	Open Gym 6:00am-6:50am	
	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	
	7:55am-8:20am Basketball	7:55am-8:20am Basketball	7:55am-8:20am Basketball	7:55am-8:20am Basketball	7:55am-8:20am Basketball	
	Fall League - 5:30pm JH Gym					
CROSS COUNTRY	WORKOUT	WORKOUT	GLEN ROSE MEET (Squaw Valley Golf Course)	WORKOUT	WORKOUT	
	V/JV - 6:30am-8:20am	V/JV - 6:45am-8:20am	JV report 6:30am/depart 6:55am	V/JV - 7:00am-8:20am	V/JV 6:30am-8:20am	
			VAR report 7:30am / dismiss 9:35am / depart 9:55am			
			JV Race 8:30am / Varsity 11:30am			
SOCCER	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	OFF-SEASON WORKOUT	
	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	7:00am-7:50am Weights/Speed	
	7:55am-8:20am Soccer	7:55am-8:20am Soccer	7:55am-8:20am Soccer	7:55am-8:20am Soccer	7:55am-8:20am Soccer	

HIGH SCHOOL GIRLS ATHLETICS

SPORT	9/14/20 - MONDAY	9/15/20 - TUESDAY	9/16/20 - WEDNESDAY	9/17/20 - THURDAY	9/18/20 - FRIDAY	9/19/20 - SATURDAY
CROSS COUNTRY	PRACTICE 2:45 PM - 4:00 PM	PRE MEET 6:30 AM - 7:30 AM	GLEN ROSE MEET (Squaw Valley Golf Course)	PRACTICE 2:45 PM - 4:00 PM	PRACTICE 6:30 AM - 7:30 AM	OPTIONAL PRACTICE
		ICE BATH 2:45 PM - 3:30 PM	JV report 6:30am/depart 6:55am			8:00 AM - 9:30 AM
			VAR dismiss 9:35am / depart 9:55am			OR RUN ON YOUR OWN
			JV Race 8:30am / Varsity 11:30am			
VOLLEYBALL	2:50-4:45 ALL VB 2 gyms (JH)	2:50-4:30 ALL VB 2 gyms	2:50-4:30 VB Fr/JV(JH)	2:50-4:30 VB Fr/JV(JH)	Home game vs South Hills	
	4:30-5:30 All Lift/Condition (FH)	4:30-7:30 Intersquad Scrimmage (HS)	2:50-3:45 V Lift/Condition (FH)	2:50-3:45 V Lift/Condition (FH)	4:30 Varsity	
			4:30-5:30 JV Lift/Condition (FH)	4:30-5:30 JV Lift/Condition (FH)	6:00 JV/Fr 2 gyms	
			3:45-5:30 V VB (HS)	3:45-5:30 V VB (HS)		
OFFSEASON	MEET @ FIELD HOUSE-8TH	MEET @ FIELD HOUSE-8TH	MEET @ FIELD HOUSE-8TH	MEET @ FIELD HOUSE-8TH	MEET @ FIELD HOUSE-8TH	NO WORKOUT