**PRACTICE SCHEDULE**

**Tryouts @ Roy C Ketcham HS in Weight Room**

**located around back of building**

- Monday 2/10 Varsity / JV Boys 5:30p-7:30p  
- Tuesday 2/11 Varsity Girls 4p-6p  
- Thursday 2/13 Novice Boys 3:30p-5:30p  
- Thursday 2/13 Novice Girls 4-6p

**Winter Training – Practice begins Tuesday 2/18 @ RCK Weight Room**

- Varsity / JV Boys 5:30p-7:30p  
- V Girls 4p-6p  
- Novice Girls 4p-6p  
- Novice Boys 3:30p-5:30p

**WCC RACE SCHEDULE**