

VCS Fall Season Practice Schedules 2022/23

Senior Boys Soccer Practice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Games	3-5pm	Games	3-5pm	

Volleyball Practice Schedule- Gr. 6-12

Monday	Tuesday	Wednesday	Thursday	Friday
	*lunch- gr. 7 boys 11:40am -12:10pm			
*lunch- gr. 6 girls & grade 6 boys	*lunch- gr. 6 boys		*Lunch- gr. 6 girls	
3-5pm- Sr. Girls	3-4:30pm- gr. 7 girls & Gr. 8 girls	4-6pm gr. 8 boys	4-6pm gr. 8 Girls & gr. 8 boys	3-4:30pm- gr. 7 girls & gr. 7 boys
5-7pm- Sr. Boys *possibly Jr. Girls	4:30-6pm- Jr. Girls	6-8pm- Sr. Boys	6-8pm- Sr. girls	4- 6pm- Jr. Girls & Sr. Boys
Flex- 7pm	Flex- 6pm			Flex- 6pm

Volleyball Game nights:

Monday- Grade 8s

Tuesday- Seniors

Wednesday- Juniors