



# Saint Albert High School

## Activity Schedule

For Week of: 9/26-10/2



### Sunday, September 25:

REMINDER...PAL Volleyball will have the high school gym from 1:30-6:30PM.

This means high school GBB open gym is from 6:30-7:30PM followed by  
BBB open gym from 7:30PM-9:00PM.

Another Reminder...the Elementary Gym is reserved from 3:00-5:00PM

### Monday, September 26:

Volleyball: Practice 3:40-6:00PM

(HS Gym)

PAL VB: Practice 6-9:00PM

(HS Gym)

Cross Country: Practice 3:15PM

Football: JV/Froshmore – Home vs. Red Oak, 6:00PM

(St. Albert Al Leber FB Field)

Football: HS & 7/8: Specials 3:30-4:00PM; Practice 4-6:00PM

Fall Musical Practice: 6-8:00PM

(Auditorium)

U9 Boys' Soccer Practice: 5:30-6:30PM

(Lower field below softball field)

### Tuesday, September 27:

Cheer: Practice 6-7:30AM

(HS Gym)

Volleyball: Varsity – @ Clarinda (VB players dismissed at 1:55)

(Clarinda High School)

Freshmen 4:30PM

JV 5:30PM

Varsity 7:15PM

PAL Volleyball: Practice 5:45-8:00PM

(HS Gym)

Football: HS & 7/8: Specials 3:30-4:00PM; Practice 4-6:30PM

5/6 Football Practice: 5:00-7:00PM

(FB field west of SB field)

Dance Team: Practice 6-8:00PM

(Elementary Gym)

Fall Musical Practice: 6-8:00PM

(Auditorium)

### Wednesday, September 28:

Volleyball: Practice 3-5:00PM

(HS Gym)

PAL VB: Practice 1:30-3:00PM

(HS Gym)

Cross Country: Practice 1:30PM

Football: HS & 7/8: Specials 2:00-2:30PM; Practice 2:30-5:00PM

### Thursday, September 29:

Cheer: Practice 6-7:30AM

(HS Gym)

Volleyball: Practice 3:40-6:00PM

(HS Gym)

Volleyball JV: Home vs. Glenwood 6:30PM

(HS Gym)

PAL Volleyball: Practice 6-8:00PM

(Elementary Gym)

Cross Country: MS/JV/Varsity Invite @ Shenandoah

(Shenandoah High)

(CC runners dismissed at 2:15)

Middle School Girls & Boys 4:00PM

JV Girls 4:30PM

JV Boys 5:10PM

Varsity Girls 5:40PM

Varsity Boys 6:10PM

**Thursday, September 29 (Continued):**

Football: HS & 7/8: Pregame 3:30-5:00PM

5/6 Football: Practice 5-7:00PM

3<sup>rd</sup> Grade Rec Flag Football: Practice 6-7:00PM

Dance Team: Practice 6-8:00PM

Fall Musical Practice: 6-8:00PM

(FB field west of SB field)

(Field below SB field/discus field)

(Weight Room)

(Auditorium)

**Friday, September 30:**

Volleyball: Practice 3:40-6:00PM

PAL Volleyball

Football: Varsity Home vs. Mount Ayr 7:00PM

Cross Country: Practice 3:15PM

(HS Gym)

(Al Leber Field)

**Saturday, October 1:**

Volleyball: Varsity Tourney @ Thomas Jefferson, 8:00AM

PAL Volleyball has high school gym from 8AM-6PM

(Thomas Jefferson High)

**Sunday, October 2:**

Volleyball:

PAL VB has high school gym on Sundays from 1:30-6:00PM

(HS Gym)

HS BB Open Gym: HS Girls 6-7:00PM/HS Boys 7-8:30PM

(HS Gym)