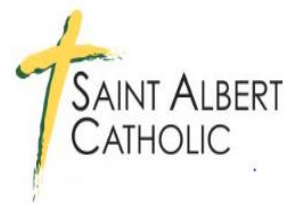




# Saint Albert High School

## Activity Schedule

For Week of: 1/22-1/29



### Sunday, January 22:

Girls' and Boys' Basketball – Weights: 4:00-6:00PM  
Youth Basketball Practice: 1:30-8:00PM  
Baseball (Pitchers & Catchers): 7:00-9:00PM

(Weight Room)  
(Elem Gym)  
(Training Days)

### Monday, January 23:

MS/HS Morning Weight Training: 6:40-7:40AM  
Girls' Varsity Basketball Game vs. TJ: 6:00PM  
Boys' Varsity Basketball Game vs. TJ: 7:30PM  
Boys' 9 Basketball Practice: 3:30-5:00PM  
Youth Basketball Practice: 7:30-9:00PM  
Wrestling Practice: 3:30-5:30PM  
Bowling @ AL: 3:30-5:00PM  
8<sup>th</sup> Grade Girls' Basketball Practice: 3:45-5:00PM  
Robotics Practice: 5:30-7:00PM  
Cub Scouts: 6:00-7:30PM  
Math Counts: 3:20PM-4:00PM

(Weight Room)  
(HS Gym)  
(HS Gym)  
(Elem Gym)  
(Elem Gym)  
(WR)  
(Thunder Bowl)  
(IWFH)  
(Robotics Room)  
(Café)  
(Mrs. Morris' Room)

### Tuesday, January 24:

MS/HS Morning Weight Training: 6:00-7:40AM  
Boys' Frosh/JV Basketball Games vs. LC: 6:00/7:30PM  
Girls' JV/Varsity Basketball Practice: 3:45-5:00PM  
Boys' Varsity Basketball Practice: 3:30-5:15PM  
Youth Basketball Practice: 5:45-7:30PM  
Wrestling Practice: 3:30-5:30PM  
Bowling Practice: 3:30-5:00PM  
8<sup>th</sup> Grade Girls' Basketball Practice: 3:45-5:00PM  
6<sup>th</sup> Grade Girls' Basketball Practice: 3:45-5:00PM  
Dance Team: 6-8:00PM

(Weight Room)  
(HS Gym)  
(IWFH)  
(HS Gym)  
(Elem Gym)  
(WR)  
(Thunder Bowl)  
(IWFH)  
(IWFH)  
(Weight Room)

### Wednesday, January 25:

MS/HS Morning Weight Training: 6:40-7:40AM  
Cheer: Practice: 6:00-7:30AM  
Girls' JV/Varsity Basketball Practice: 3:45-5:30PM  
Boys' 9/JV/Varsity Basketball Practice: 1:45-3:45PM  
Wrestling Practice: 1:30-3:30PM  
Robotics Practice: 1:30-3:30PM

(Weight Room)  
(HS Gym)  
(HS Gym)  
(HS Gym)  
(WR Room)  
(Robotics Room)

**\*REMINDER**...There are to be no team activities (practices, team meals, etc.) after 5:30PM

### Thursday, January 26:

MS/HS Morning Weight Training: 6:40-7:40AM  
Girls' JV/Varsity Basketball Practice: 3:30-5:30PM  
Bowling Practice: 3:30-5:00PM  
Boys' JV/Varsity Basketball Practice: 5:30-7:30PM  
Boys' 9 Basketball Practice: 6:00-8:00PM  
Youth Basketball Practice: 8:00-9:00PM

(Weight Room)  
(HS Gym)  
(Thunder Bowl)  
(HS Gym)  
(Elem Gym)  
(Elem Gym)

Wrestling JV Double Dual/Varsity Quad @ Atlantic: 5:30PM (Atlantic)  
\*Early Dismissal for wrestlers 2:45PM  
8<sup>th</sup> Grade Girls' Basketball: 3:45-5:00PM (IWFH)  
6<sup>th</sup> Grade Girls' Basketball: 3:45-5:00PM (IWFH)  
Math Counts: 3:20-4:00PM (Mrs. Morris' Room)  
Robotics Practice: 5:30-7:00PM (Robotics Room)

**Friday, January 27:**

Girls' JV/Varsity Basketball Games @ Atlantic: 4:30-6:00PM (Atlantic)  
Boys' Frosh/JV/Varsity Basketball Games @ Atlantic: 4:30-6:00/7:30PM (Atlantic)  
Boys' 9/JV Basketball Practice: 3:45-5:30PM (HS Gym)  
Bowling @ CB City Tourney: 1:00PM (Thunder Bowl)  
\*Early Dismissal for bowlers 11:45AM  
8<sup>th</sup> Grade Girls' Basketball Practice: 3:45-5:00PM (IWFH)

**Saturday, January 28:**

Wrestling H-10 Conference Tourney @ Clarinda: 10:00AM (Clarinda)  
Boys' Frosh Basketball Game vs. TJ: 9:30AM (HS Gym)  
Girls' JV/V Basketball Games vs. AL: 2:30/4:00PM (HS Gym)  
Youth Basketball Practice: 12:30-8:00PM (Elem Gym)  
Robotics League Championship @ Creighton Prep: TBD (Creighton Prep)

**Sunday, January 29:**

Girls' and Boys' Basketball – Weights: 4:00-6:00PM (Weight Room)  
Youth Basketball Practice: 1:30-8:00PM (Elem Gym)  
Baseball (Pitchers & Catchers): 7:00-9:00PM (Training Days)  
Dance: TBD (HS Gym)