



AISA 2019/20 Season Practice Schedule

Season 1: September 8th - November 9th

	Practice day location	Practice times	Coaches
G2-5 Swim Club	Pool	3-4pm Monday & Thursday	M. Healey M. Dow
G4/5/6 Girls & Boys Soccer	Soccer pitch	3-4pm Wednesday	K. Jones Z. Zenk J. Cales K. Taylor A. Nejdawi
Middle/High Swim Club (G6-12)	Pool	Evenings: 3 - 4.30pm Tuesday & Wednesday Mornings: 6-7am Monday & Wednesday	L. Garvey T. Merusi
U14 Boys Volleyball (G6-8)	Elementary gym	3 - 4pm Wednesday & Tuesday	R. O'Connor
U14 Girls Volleyball (G6-8)	Elementary Gym	3 - 4pm Monday & Thursday (OR Sunday 4 - 5pm)	S. Leeson
JV Volleyball (G9 & 10)	High School Gym	4.30 - 6pm Monday 3 - 4.30pm Tuesday 3 - 4.30pm Wednesday & Thursday	L. Munro M. Bissell
Varsity Volleyball (G11 & 12)	High School Gym	4 - 5.30pm Sunday 3 - 4.30pm Monday 4.30 - 6pm Tuesday 4.30 - 6pm Wednesday 3 - 4.30pm Thursday	M. Brodie S. Hughes
Golf	City Club	TBD	A. Werner



Season 2 November 17th - February 15th

	Practice day location	Practice times	Coaches
G2-5 Swim Club	Pool	3-4pm Monday & Thursday	M. Healey M. Dow
G4/5/6 Girls & Boys Track	Soccer pitch	3-4pm Monday	
Middle/High Swim Club (G6-12)	Swimming pool	Tuesday & Wednesday 3 - 4.30pm	T. Merusi
U14 Boys Soccer (G6-8)	Soccer pitch	3-4pm Monday & Wednesday	J.Cales
U14 Girls Soccer (G6-8)	Soccer pitch	3-4pm Monday & Wednesday	K.Taylor
JV/Varsity Soccer Boys	Soccer pitch	4-5.30pm Sunday 3-4.30pm Tuesday 4-5.30pm Wednesday	M.Bissell R.O'Connor
JV/Varsity Soccer Girls	Soccer pitch	4-5.30pm Monday 4.30 - 6pm Tuesday 3-4.30pm Thursday	S.Hughes L.Garvey
U14 Boys Basketball (G6-8)	Elementary Gym	3 - 4pm Tuesday 3 - 4pm Thursday	E.Bloom
U14 Girls Basketball (G6-8)	Elementary Gym	3 - 4pm Monday & Wednesday	L.Munro
JV Girls Basketball	Elementary Gym (EG)	4 - 5.30pm Sunday & Tuesday (1 session outdoor courts)	M.Dickie
JV Boys Basketball	Elementary Gym (EG)	4 - 5.30pm Monday & Wednesday	K.Jones



		(1 session outdoor courts)	
Varsity Girls Basketball	High school Gym	4-5.30 Sunday 4.30 - 6pm Monday 3-4.30pm Tuesday 3-4.30pm Thursday	J.Cumbee
Varsity Boys Basketball	High school Gym	3-4.30pm - Monday & Wednesday 4.30 -6pm Tuesday	B.Ostos
Cross-country	Al Hudriyat Island(AHI) / Umm Emerat Park (UEP)	Monday 3-4.30pm (AH) Wednesday 3.4.30pm (UEP)	M.Grady
Tennis	TBD	TBD	TBD

Season 3 February 16th - April 11th

	Practice day location	Practice times	Coaches
G2-5 Swim Club	Pool	3-4pm Monday & Thursday	M. Healey M. Dow
G4/5/6 Girls & Boys Basketball	Soccer pitch	3-4pm Sunday & Monday	R.O'Connor L.Munro L.Garvey J.Cumbee
Middle/High Swim Club (G6-12)	Swimming pool	4-5pm Sunday & Monday 3-4pm Tuesday	T. Merusi
U14 Track (G6-8)	Soccer pitch	3-4pm Sunday & Tuesday	M.Grady S.Hughes T.Christenson



JV & Varsity Track	Soccer pitch	3-4pm Sunday 4-6pm Monday 3-4pm Tuesday	M.Grady S.Hughes T.Christenson
U14 Badminton (G6-8)	Elementary Gym	3-4pm Tuesday & Thursday	K.Jones E.Bloom K.Van Campen
JV & Varsity Badminton	High School Gym	3-4.30pm Sunday 3-4.30pm Monday 3-4.30pm Wednesday	K.Jones E.Bloom K.Van Campen
Softball (Girls Only)	Soccer Field	TBD	J.Cumbee