

FOX CHAPEL AREA
FIRST DAY OF WINTER PRACTICES
2019-2020

Mandatory Winter Sports PIAA Practices begin on Monday, November 18, 2019, EXCEPT* where noted below:

<u>SPORT:</u>	<u>1st Day of Practice:</u>	<u>Time:</u>	<u>Location:</u>
Boys' Basketball	November 18	3 p.m.- 6p.m.	HS Main Gym
Boys' 9 th Basketball	November 18	3 p.m.-5p.m.	Aux Gym
Girls' Basketball	November 18	5:30 p.m. – 7:30p.m.	HS/Aux Gym
B/G Diving	November 18	2:30 p.m.- 4p.m.	HS Pool
Gymnastics	November 20*	4:00 p.m.-6p.m.	Trinity Gymnastics
B/G Indoor Track	December 9*	2:45 p.m. – 4 p.m.	Cafeteria
B/G Swimming	November 18	4 p.m.- 6p.m.	HS Pool
Wrestling	November 18	3 p.m. – 5p.m.	Wrestling Room

<u>SPORT:</u>	<u>1st Day of Practice:</u>	<u>Time:</u>	<u>Location:</u>
Boys' 7 th Basketball	November 18	7:30p.m. – 9:00 p.m.	HS Main Gym
Boys' 8 th Basketball	November 18	7:30 p.m. – 9 p.m.	HS Main/Aux Gym
Girls' 7 th Basketball	November 18	3:00 p.m. – 5 p.m.	DMS Gym
Girls' 8 th Basketball	November 18	3:00 p.m. – 5 p.m.	DMS Gym
7 th /8 th Wrestling	November 18	3:00 p.m.- 5 p.m.	DMS Aux Gym*

*Location subject to change individuals who are registered will be notified by the coach if there is a change in time/location.

Please direct all questions to the athletic office or contact the individual head coach for more information regarding physicals and the first day of practice details. Schedule information may be found by visiting the athletic department website at: www.fcasdathletics.org and follow the schedule link to the respective teams.