

		REDHAWKS ATHLETICS				
		Weekly Practice Schedule				
Date	Time	Location	Level	Bus Times		School Driving
Monday 9-11						
4:15pm-6:15pm	Football	Lake	JH	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Froid-Early
	Volleyball	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Lake-Late
	Volleyball	Froid	JH	Leave Lake @ 4:00pm	Leave Froid @ 6:35pm	
	NO HS Football Practice					
Tuesday 9-12						
4:15pm-6:15pm	Football	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Froid-Early
	Volleyball	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Lake-Late
	Volleyball	Froid	JH	Leave Lake @ 4:00pm	Leave Froid @ 6:35pm	
	Football	Grenora	JH	Lake Bus leaves Froid @ 3:15pm		
	Game @ 5pm	(Away)		Lake Bus leaves Lake @ 3:30pm		
Wednesday 9-13						
4:15pm-6:15pm	Football	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Froid-Early
	Volleyball	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Froid-Late
Thursday 9-14						
4:15pm-6:15pm	Football	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Froid-Early
	Volleyball	Lake	HS	Leave Froid @ 3:45pm	Leave Lake @ 6:20pm	Lake-Late
	Volleyball	Froid	JH	Leave Lake @ 4:00pm	Leave Froid @ 6:35pm	
	No JH Football Practice					
Friday 9-15						
2:30pm-4:30pm	Football	Lake	HS	Leave Froid @ 3:45		Froid Early/Late
			No JH			
	Volleyball	2pm +20+20		Lake Bus Leaves Lake @ 1:15 PM		
	@ Froid	JH, JV, V				
	Home	vs. North Country				
Saturday 9-16						
	Volleyball	4pm +20+20		Froid Bus Leaves Froid @ 2:30		
	@ Grenora	JH, JV, V		Froid Bus Leaves Lake @ 2:45		
	Away	vs. Mondak				
Athletic Director Contacts						
Football	Aaron Webster		awebster@medicinelake.k12.mt.us			
Volleyball	Kayla Johnson		kjohnson@froidschool.com			