



## NORTHWEST SPRING PRACTICE BEGINNING MARCH 1, 2021

Girls Soccer- 2:30-5:00 @ NHS on the turf

Boys Volleyball- 2:45-4:45 @ NHS lower gym (once basketball is done) Upper gym during basketball

Boys Track- 2:30-4:30 @NHS on track

Girls Track- Meet in Cafeteria 2:30- then go to track

Baseball- Freshman Boys 2:45-5:00 @ NHS upper gym

Lacrosse- 2:45-5:00- @ NHS Soccer Field (bad weather go to Valley in tiled gym)

Boys Golf- 3:00-5:00 Mon & Thur- First Tee in Arnold, Tues & Wed- Fox Run, Friday- Fore Honor/Deer Creek