

| CO-ED VOLLEYBALL: 4 teams | | | | |
|--|--------------------------------------|--------------------------------------|----------------------------------|----------------------------------|
| | Monday | Tuesday | Thursday | Friday |
| Week 1 Sept 9-13 | Skills clinic | Skills clinic | | |
| Week 2 Sept 16-20 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| Week 3 Sept 23-27 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| Week 4 Sept 30-Oct 4 | GAME - VB1 v. VB2 | GAME - VB3 v. VB4 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| No practices or games over October break | | | | |
| Week 5 Oct 14-18 | GAME - VB1 v. VB3 | GAME - VB2 v. VB4 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| Week 6 Oct 21-25 | GAME - VB1 v. VB4 | GAME - VB2 v. VB3 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| Week 7 Oct 28-Nov 1 | GAME - VB1 v. VB2 | GAME - VB3 v. VB4 | Practice - VB1 Practice - VB2 | Practice - VB3 Practice - VB4 |
| Week 8 Nov 4-8 | Championship 3rd seed v. 4th seed | Championship 1st seed v. 2nd seed | | |

| CO-ED FLAG FOOTBALL: 4 teams | | | | |
|--|----------------------------------|----------------------------------|--------------------------------------|--------------------------------------|
| | Monday | Tuesday | Thursday | Friday |
| Week 1 Sept 9-13 | | | Skills clinic | Skills clinic |
| Week 2 Sept 16-20 | Practice - FF1 Practice - FF2 | Practice - FF3 Practice - FF4 | Practice - FF1 Practice - FF2 | Practice - FF3 Practice - FF4 |
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