



# Mercy High School San Francisco

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A College Preparatory High School for Young Women

## Practice Schedule

<u>Date</u>	<u>Time</u>	<u>Event/Location</u>
Mon. Nov. 15	3:45-5:30	Crocker Amazon
Tues. Nov. 16	3:45-5:30	Crocker Amazon
Wed. Nov. 17	3:45-5:30	Crocker Amazon
Thurs. Nov. 18	3:45-5:30	Crocker Amazon
Fri. Nov. 19	3:30-4:15	On Campus (bring running shoes)
Mon. Nov. 22	3:45-5:30	Crocker Amazon
Tues. Nov. 23	3:45-5:30	Crocker Amazon
Wed. Nov. 24	<b>No Practice – Happy Thanksgiving</b>	
Thurs. Nov. 25	<b>No Practice – Happy Thanksgiving</b>	
Fri. Nov. 26	<b>No Practice – Happy Thanksgiving</b>	

You must be on time, dressed and ready to go by the start time. It is your responsibility to get to and from practice. Please try and car pool when possible. If a parent is picking you up, he/she must pick you up within 15 minutes of the end time.

All practice times and locations are tentative on the weather. Should the weather not permit us to practice at the scheduled location, changes will be posted on the web. Please be sure to check the web if you are uncertain or contact the coach directly. It is your responsibility to notify your parents of any changes.

You must have all proper and necessary equipment at all times. If weather doesn't allow us to use a field, we may do some indoor workout at school, so have regular running shoes with you at all times. Failure to bring your equipment does not excuse you from practice.

Be prepared to work hard and give 110% every time!

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