

# Pre-Season 2018 Schedule at Westtown School

*Med forms & preseason registration must be in before students can participate in sports.*

## **Preseason Practice and Meal Schedule**

- **Sunday, August 26<sup>th</sup>**

1:00 PM	<b>All</b> Pre-Season Athletes arrive at 1 PM to register and move In
4:00 PM	Parent of Pre-Season Athletes Meeting with ADs
4:30 PM	Dinner (sit by team)
5:40 PM	Student Athletes meeting with ADs in Coach Downey Court
6:00-8:00 PM	Practice Session
8:30 PM	Post Practice Pizza Diner
- **Monday, August 27<sup>th</sup> - Thursday, August 30<sup>st</sup>**

7:30 AM	Breakfast
9:00-11:00 AM	Practice Session
11:30 AM	Lunch
2:00-3:30 PM	Rotating Afternoon Session (Team Building/Pool/Weight Room)
3:30	Snack
4:30-6:30 PM	Practice Session
6:45	Dinner
- **Friday, August 31<sup>st</sup>**

7:30 AM	Breakfast
9:00-11:00 AM	Practice Session or Scrimmages
11:30 AM	Lunch
12:30 PM	Preseason Athletes Depart

## **Weekend Schedule for Preseason Athletes on Campus (not student leaders)**

Most student athletes who do not have other orientation responsibilities will depart for the weekend after their last session on Friday. Preseason athletes who do stay on campus (not student leaders) will be **REQUIRED** take part in the following activities:

- **Friday, August 31<sup>st</sup>**

6:00 PM	Dinner
6:45 – 9:30 PM	On Campus Activities ( <b>required</b> )
- **Saturday, September 1<sup>st</sup>**

9:30 AM	Breakfast
11 AM – 3 PM	Preseason Athlete Off Campus Outing ( <b>required</b> )
6:00 PM	Dinner
7:00 – 9:00 PM	Off Campus Bowling Trip ( <b>required</b> )
- **Sunday, September 2<sup>nd</sup>**

8:00 AM	Breakfast
11:00 – 3:00 PM	Preseason Athlete Off Campus Outing ( <b>required</b> )
5:30 PM	Dinner
6:30 – 9:30 PM	Off Campus Movie Night ( <b>required</b> )
- **Monday, September 3<sup>rd</sup>** – Schedule TBD for returning students who have already gone through the registration process and are not student leaders or international students.