



This Week In Athletics

Luke 9:23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Jul. 22	Jul. 23	Jul. 24	Jul. 25	Jul. 26	Jul. 27	Jul. 28
Special Events	Cross Country Parent Meeting 7:15pm at Shadow Lake	Football Parent Meeting 6:30pm at HCA Gymnasium		Athletic Summer Social 6:00pm - 8:00pm at the HCA Athletic Complex			The Lord's Day A day of worship and rest!
				Don't forget to RSVP			
Volleyball	Practice 5:00pm-6:30pm	Practice 5:00pm-6:30pm	Practice 4:00pm-5:30pm	Practice 4:00pm-5:30pm	Practice 5:00pm-6:30pm		
Volleyball Game Locations							
Cross Country	Practice 6:00p-7:30pm at Shadow Lake Parent Meeting 7:15pm	Self Workout	Self Workout	Self Workout	Practice 6:00p-7:30pm at Shadow Lake	Practice 8:00am-10:00am at Shadow Lake	
Cross Country Meet Locations							
Football	Jr. Eagles Football Camp 5:30pm-7:00pm	Workouts 7:00a-10:30a Jr. Eagles Football Camp 5:30pm-7:00pm Parent Meeting @ 6:30pm	Workouts 7:00a-10:00a	Workouts 7:00a - 9:00a			
Football Game Locations							
Cheer	Practice 3:00pm-5:00pm		Practice 3:00pm-5:00pm				
Youth Cross Country	Youth cross country will begin practice during the second week of school - more information to come						
Youth Cross Country Meet Locations							