



Pre-Season Workout Session Plan

Season 1, September 21st—December 23rd

To sign up to play a sport please email the following forms to jaclynbecker@blanchetcatholicschool.com
 • [Athletic Participation Form](#) • [Concussion Waiver Form](#) • [Sports Physical](#) form completed by your doctor
 (Physicals are good for 2 years; only 1 year for football) • Athletic fees: No fees are required during this session

For all other athletic questions email Athletic Director Tina Pearson at tinaperason@blanchetcatholicschool.com

SPRING SESSION – September 21 through October 15			
DAYS	TEAMS	TIMES	PRACTICE LOCATION
Mon - Thurs.	MH Baseball – Coach Rob Burnell	4:00-5:30 PM	Baseball Field
Mon - Thurs.	MH Softball – Coach Ron Miller	4:00-5:30 PM	Softball Field
Mon - Thurs.	MH Track & Field – Coach Mucken	4:00-5:30 PM	Mountain West Stadium
Mon - Thurs.	HS Baseball – Coach Burnell	5:30-7:30 PM	Baseball Field
Mon - Thurs.	HS Softball – Coach Brewer	5:30-7:30 PM	Softball Field
Mon - Thurs.	HS Track & Field – Coach Mucken	5:30-7:30 PM	Mountain West Stadium
Mon - Thurs.	Boys & Girls Tennis – Coach FitzPatrick	4:00-6:00 PM	Salem Tennis and Swim
Tuesday	MH Golf – Coach Weber	4:00-5:30 PM	Salem Golf Club
Wednesday	HS Golf– Coach Weber	4:30-6:00 PM	Salem Golf Club

FALL SESSION – October 19 through November 12			
DAYS	TEAMS	TIMES	PRACTICE LOCATION
Mon - Thurs.	MH Football – Coach Justin Hubbard	4:30-5:30 PM	Football Grass Field
Mon - Thurs.	MH Soccer – Coach Micki Halsey Randall	4:00-5:30 PM	Soccer Grass Field
Mon - Thurs.	8th Volleyball – Coach Ron Miller	4:00-5:30 PM	Auxiliary Gym
Mon - Thurs.	6/7th Volleyball – Coach David Mucken	4:00-5:30 PM	Auxiliary Gym
Mon - Thurs.	HS Cross Country – Coach Tonya Lutz	4:00-6:00 PM	Bush Park/Derby Hill
Mon - Thurs.	HS Football – Coach Justin Hubbard	5:30-7:00 PM	Football Grass Field/MWS
Mon - Thurs.	HS Girls Soccer – Coach Tina Pearson	4:00-6:00 PM	Mountain West Stadium
Mon - Thurs.	HS Boys Soccer – Coach Roberto Arteaga	4:00-6:00 PM	Mountain West Stadium
Mon - Thurs.	HS Volleyball - Coach Chantele Burgess	5:30-7:30 PM	Main Gym

WINTER SESSION – November 23 through December 23			
DAYS	TEAMS	TIMES	PRACTICE LOCATION
Mon - Thurs.	MH Boys Basketball - Coach Mark Risen	4:00-5:30 PM	Auxiliary Gym/Main
Mon - Thurs.	MH Girls Basketball - Coach Miller/Moore	4:00-5:30 PM	Main/Auxiliary Gym
Mon - Thurs.	HS Boys Basketball - Coach Max Goodman	5:30-7:30 PM	Auxiliary Gym/Main
Mon - Thurs.	HS Girls Basketball - Coach Wise	5:30-7:30 PM	Main/Auxiliary Gym
Mon - Thurs.	HS Swim - Coach Bauer/Nanneman	TBD	Kroc/Courthouse
No Practices - November 26-27 and December 24 - 25			