

HENRIETTA BEARCATS ATHLETICS 2023

FALL CAMP SCHEDULE

- Schedule is always subject to change and Head Coach of Sport will inform if changes need to be made.
- Incoming 7th, 9th, and 11th Graders **MUST HAVE PHYSICAL** before participation begins.
- **FB practices** will take place from 6:30 – 11 AM on practice days
- **VB practices** will be as follows...
 - Monday/Tuesday (31/1) – 7:30-9 AM (S&C), 10 AM – 1 PM (VB Skills & Play)
 - Wednesday/Thursday (2/3) - 7:30-9 AM (S&C), 10 AM – 12:30 PM (VB Skills & Play)
12:30 – 1:30 PM (Varsity Only)
 - Friday (4) – Scrimmage Burk
 - Week 2 - 7:30-9 AM (S&C), 10 AM – 12:30 PM (VB Skills & Play)
12:30 – 1:30 PM (Varsity Only)
- **XC Practice** will Start Aug 7 @ 7:00 AM
- **Media Day on August 1st** – Varsity Sports will start @ 4:30 PM in Gym, JV/9th VB @ 6:30, JV FB @ 7:30 PM
- **HISD All Sports Parent Meeting** August 3 @ 6:00 PM in Main Gym (JH and HS Parents)
- **H-Town Takeover** following Meet the Teacher... Tailgate @ 6 PM... Meet the Cats @ 7:30 PM... 3rd Annual Cake auction after!

AUGUST 2023 FALL CAMP SCHEDULE

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 (July)	31 (July) FB Practice VB Practice	1 FB Practice VB Practice Fall Sports Media Day	2 FB Practice VB Practice	3 FB Practice VB Practice *HISD All Sports Parent Meeting	4 FB Practice VB Scrimmage	5 FB Practice VB Practice
6	7 FB Practice VB Practice XC Practice	8 FB Practice VB Game XC Practice	9 FB Practice VB Practice XC Practice	10 FB Practice V VB Practice F/JV VB Game XC Practice	11 FB Scrimmage V VB Tourney XC Practice	12 V VB Tourney
13	14 FB Practice VB Practice XC Practice H-Town Takeover	15 FB Practice VB Games XC Practice	16 1 st Day of School	17	18	19

