

Ithaca City School District

Spring II Season 2020-2021

Athletic Practice Schedule

SPORT	DAYS	TIMES	LOCATION
Varsity/JV Softball	Monday	7-8:15 am	Bliss Gym/Boynton Deck
	Tuesday	4-5:30 pm	Boynton Deck
	Wednesday	4-5 pm	Weight Room
	Thursday	4-5:30 pm	Boynton Deck
	Friday	7-8:15 am	Bliss Gym/Boynton Deck
	Saturday	9-10:30 am	HITZ Facility
Modified Softball	(Starting April 26th)	4-5:30 pm	Esty Street
	Mon-Tues; Thurs-Fri		
Varsity Baseball	Monday	4-5:30 pm	Cass Park
	Tuesday	4-6 pm	HITZ Facility (Starting April 26th-Cass Park)
	Wednesday	4-5:30 pm	Cass Park
	Thursday	4-5:30 pm	Cass Park
	Friday	4-5; 5:15-6:15 pm	Weight Room
	Saturday	8-11:30 am	Cass Park
JV Baseball	Monday	4-5:30 pm	Cass Park (Starting April 26th- HITZ Facility 4-6 pm)
	Tuesday	4-5:30 pm	Cass Park
	Wednesday	4-5:30 pm	Cass Park
	Thursday	4-6 pm	HITZ Facility (Starting April 26th- Cass Park 4-5:30 pm)
	Friday	4-5; 5:15-6:15 pm	Weight Room
	Saturday	8-11:30 am	Cass Park
Modified Baseball	(Starting April 26th)	4-5:30 pm	LACS
	Monday	4-5:30 pm	Cass Park
	Tuesday	4-6 pm	LACS
	Wednesday	4-6 pm	HITZ Facility
	Thursday	4-5:30 pm	Cass Park
	Friday	4-5:30 pm	Cass Park
	Saturday	1:30-3:30 pm	Bliss Gym

	Varsity Boys Lacrosse	Monday Tuesday Wednesday Thursday Friday Saturday	4-6 pm 4-5; 5:15-6:15; 6:30-7:30 pm 6:15-7:45 am 4-6 pm 4-6 pm 11:30 am-1:30 pm	Sweet (Starting April 26th- Sweet 6:15-7:45 am) Weight Room Sweet Sweet Sweet Sweet
	JV Boys Lacrosse	Monday Tuesday Wednesday Thursday Friday Saturday	4-5:30 pm 4-5; 5:15-6:15; 6:30-7:30 pm 4-5:30 pm 4-5:30 pm 4-5:30 pm 1:45-3:15 pm	Practice Field (Starting April 26th- Sweet 4-5:30 pm) Weight Room Practice Field Practice Field Practice Field (Starting April 26th-Practice Field 5:30-6:45 pm) Sweet
	Modified Boys Lacrosse	(Starting April 26th) Monday Tuesday Thursday Friday Saturday	4-5:30 pm 4-5:30 pm 4-5:30 pm 4-5:15 pm 9-11 am	Practice Field Practice Field Deebs Field Practice Field Practice Field
	Varsity Girls Lacrosse	Monday Tuesday Wednesday Thursday Friday Saturday	4-5; 5:15-6:15 pm 4-6 pm 4-6 pm 6:15-7:45 am 6:15-7:45 am 9-11 am	Weight Room Sweet Sweet Sweet Sweet Sweet
	JV Girls Lacrosse	Monday Tuesday Wednesday Thursday Friday Saturday	4-5; 5:15-6:15 pm 4-5:30 pm 4-5:30 pm 4-5:30 pm 4-5:30 pm 11:15 am-1:30 pm	Weight Room Cayuga Street Field Cayuga Street Field Cayuga Street (Starting April 26th Cayuga Street 5:15-6:45 pm) Cayuga Street (Starting April 26th Cayuga Street 5:15-6:45 pm) Cayuga Street Field
	Modified Girls Lacrosse	(Starting April 26th) Monday Tuesday Thursday Friday Saturday	4-5:30 pm 4-5:30 pm 4-5:15 pm 4-5:15 pm 1:45-3:15 pm	Cayuga Street Field Deebs Field Cayuga Street Field Cayuga Street Field Cayuga Street Field

	Varsity Track	Monday-Wednesday Thursday Friday Saturday	4-6 pm 4-5; 5:15-6:15 pm 4-6 pm 9-10; 10:15-11:15 am	Bliss, MPR, Wrestling Room, Throwing- Deebes Weight Room Bliss, MPR, Wrestling Room, Throwing- Deebes Weight Room, Throwing- Deebes 9-11 am
	Modified Track	Monday-Friday		Boynton Cafeteria
	Unified Basketball	Thursday & Friday	4-5:15 pm	Q Gym
	Varsity Boys Tennis	Monday Wednesday Friday Saturday	4-6 pm 4-6 pm 4-6 pm 11:30 am-12:30 pm	IHS Tennis Courts IHS Tennis Courts IHS Tennis Courts Weight Room
	Varsity Girls Tennis	Tuesday Wednesday Thursday Saturday	4-6 pm 5:15-6:15 pm 4-6 pm 9-11 am	IHS Tennis Courts Weight Room IHS Tennis Courts IHS Tennis Courts
	Modified Girls Tennis	Tuesday, Thursday Saturday	4-6 pm 9-11 am	Cass Courts
	Modified Boys Tennis	Monday, Wednesday, Friday	4-6 pm	Cass Courts