



## **Landon School Athletics**

### **Pre-Season Practice Schedules Summer of 2010**

**Wednesday, 8/18 – Varsity Football, JV Football and Water Polo\***

5:00 - 7:00p – Equipment Draw (Varsity and JV Football)

8:00 – 12:30p – Practice for Water Polo A Team

12:00 – 4:00p – Practice for Water Polo B Team

**Thursday, 8/19 – Varsity Football and JV Football and Water Polo**

9:00 – 11:30p – 1<sup>st</sup> practice - Varsity/JV Football

5:00 – 7:00p – 2<sup>nd</sup> practice – Varsity/JV Football

8:00 – 12:30p – Practice for Water Polo A Team

12:00 – 4:00p – Practice for Water Polo B Team

**Friday, 8/20 – Sunday 8/22 Varsity Football, JV Football and Water Polo**

4:00 – 6:00p – Practice for Varsity/JV Football

8:00 – 12:30p – Practice for Water Polo A Team



1<sup>st</sup> practice: 9:00 – 11:00a

2<sup>nd</sup> practice: 5:00 – 7:00p

### Cross Country

1<sup>st</sup> practice: 8:00 – 10:00a

2<sup>nd</sup> practice: 3:30 – 5:30p

Water Polo A Team practice 8:00 – 12:30p

Water Polo B Team practice 12:30 – 4:00p

### **Practice and Game Times**

#### **Weekdays**

Most practices and games are scheduled during standard Lower, Middle and Upper School sports times. In the Middle and Upper Schools, depending on the sport, there likely will be at least some evening and/or weekend games scheduled.

#### **Practice End Times**

Varsity - 6 p.m.

Junior Varsity - 5:45 p.m.

Freshman - 5:30 p.m.

Intramurals (Upper School) - 5 p.m.

#### **Athletic Department Hotline – 301-320-1080**

The Landon Athletics Hotline contains current and pertinent information regarding daily practice and game schedules for all teams in Lower, Middle and Upper School. In Addition, all postponements and cancellations of team practices, games and intramural activities will be announced on the Athletics Hotline. The Hotline is updated each weekday morning by 9:00 a.m. and is updated throughout the day as changes occur. Please check back frequently.