



Tentative

ALLENTOWN CENTRAL CATHOLIC

2010 FALL INTERSCHOLASTIC SPORTS PRACTICE SCHEDULE:

TEAM (V,JV,F)	DATE 1 ST PRACTICE	LOCATION	TIME	EQUIPMENT NEEDED
Cross Country	August 16	Robin Hood Picnic Area of Lehigh Parkway	8:30 AM-11:00AM	Running sneakers, water
Golf	August 16	Allentown Municipal Golf Course	9:00 AM-4:00PM	Golf clubs, Golf balls, shoes
Football (Varsity and Jr. Varsity)	August 16	Jordan Meadows	6:30AM-10:30AM 1:30PM-3:40PM	Football shoes, socks, shorts
Football (Freshman)	August 16	Jordan Meadows	8:00AM-10:50AM 1:45PM-3:50PM	Sneakers, and see above
Soccer (Varsity and Jr. Varsity)	August 16	Roosevelt Park	2:00 PM-6:00PM	Shin-guards, and soccer cleats, water
Girls Tennis	August 16	West End Racquetball Ball Club	9:00 AM-12:00 noon	Tennis Racket, Tennis shoes, shorts/skirt, Hand towel, water bottle, sun lotion
Volleyball Varsity & JV	August 16	Rockne Hall	3:30PM ó 8:00PM	Sneakers, knee pads, water, light snack
Field Hockey Varsity & JV	August 16	Iron Lakes	8:00AM ó 11:30AM	Shin-guards, mouth guards, cleats, running shoes, sticks, balls, and water

YOU WILL BE NOTIFIED BY THE COACH WITH ANY CHANGES

Athletic Office: 610-437-4601 ext. 118