

# DHS Gym and Practice Schedule

"B" Weight Room week

Indoor Gym Spaces	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK OF 1/5-1/11	5-Jan	6-Jan	1/7 early dismissal	8-Jan	9-Jan	10-Jan	11-Jan
Old Gym	CLOSED	IN 2:30-5:00 OPEN 5:00-6:30	IN 2:30-5:00 OPEN 5:00-6:30 WG 6:30-9:30	UB 2:00-3:00 IN 3:00-5:30 CWV 7:00-8:00	IN 2:20-5:00 OPEN 5:00-6:30 WG 6:30-9:30	IN 2:20-5:00 SET UP FOR HATTER FEST	HATTER FEST CHEER COMPETITION
Main Gym	BB 10-12 GB 12-2	GB 2:30-5:00 BB 5:00-7:30	<b>BB vs. Staples</b> <b>V 7:00</b> <b>JV 5:15</b> <b>FR 4:00</b>	GB 2:30-5:00 BB 5:00-7:30 FB 7:30-9:00	<b>GB vs. New Canaan</b> <b>V 7:00</b> <b>JV 5:15</b> <b>FR 4:00</b>	GB 2:30-5:00 SET UP FOR HATTER FEST	HATTER FEST CHEER COMPETITION
New Gym	FB 10-12 FG 12-2	FG 2:30-4:30 FB 4:30-6:30 VB 6:30-8:30	OPEN	<b>WR vs. Norwalk</b> <b>5:00</b>	FB 2:30-4:30 BB 4:30-7:00	FG 2:30-4:30 SET UP FOR HATTER FEST	HATTER FEST CHEER COMPETITION
G Gym (FR Academy)	CLOSED	CH 2:30-4:30 WR 4:30-6:30	WR 1:00-3:00 CH 3:00-6:30 PAL 6:30-8:30	FG 2:30-4:30 CH 4:30-6:30 PAL 6:30-8:30	WR 2:30-4:30 CH 4:30-6:30 PAL 6:30-8:30	CH 2:30-4:30 WR 4:30-6:30	OPEN
AWAY Events		GIH @ New Canaan 6:00	GB @ Staples V 7 JV 5:15 FR 4	B Swim @ Greenwich 5:00	SKI @ Southington 4:30	BB @ New Canaan V 7 JV 5:15 FR 4 B/G IN @ Yale WR @ Eastern States	BIH @ Pleasantville, NY TBA B/G IN @ Staples 10:00 B/G IN @ Yale V WR @ Eastern States JV WR @ Trumbull GGYM @ Pomperaug 10:00
OFF-SITE PRACTICES AND EVENTS		B Swim vs. Darien @ WCSU 7:00 SKI @ Mohawk 4-7 JV CH @ Premier 3:30-5 GIH @ WG 2:50-3:50 JV WR @ Ridgefield/NM 4:30	GIH @ WG 5:20-6:20am	V CH @ Premier 3-4:30 GIH @ WG 4-5	GIH @ WG 5:20-6:20am	B Swim @ WCSU 4-5:30 GIH @ WG 2:50-3:50	

## USER KEY

Boy's Varsity & Junior Varsity Basketball: **BB**; Freshmen Boy's Basketball: **FB**; Girl's Varsity & Junlor Varsity Basketball: **GB**; Freshmen Girl's Basketball: **FG**;  
Indoor Boys and Girls Track: **IN**; Wrestling: **WR**; V & JV Cheerleading: **CH**; Ice Hockey: **IH**; Winter Guard: **WG**; PAL Cheer: **PAL**; Volleyball: **VB**; Girls Lacrosse: **GLAX**; Boys Lacrosse: **BLAX**  
DAYO Basketball: **DAYO**; B Swimming & Diving: **B Swim**; Marching Band: **MB**; Girls Ice Hockey: **GIH**; Girls Gymnastics: **GGYM**; Catholic War Veterans: **CWV**; Scrimmage (**S**)

# DHS Gym and Practice Schedule

"A" Weight room week

Indoor Gym Spaces	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK OF 1/12-1/18	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan
Old Gym	CLOSED	IN 2:30-5:00 BASE 6:00-9:00	IN 2:30-5:00 OPEN 5:00-6:30 WG 6:30-9:30	UB 2:00-3:00 IN 3:00-5:30 CWV 7:00-8:00	IN 2:20-5:00 OPEN 5:00-6:30 WG 6:30-9:30	IN 2:20-5:00	OPEN
Main Gym	BB 10-12 GB 12-2	BB 2:30-5:00 GB 5:00-7:30	<b>GB vs. Brien McMahon V 7:00 JV 5:15 FR vs. Darien 4:00</b>	BB 2:30-5:00 GB 5:00-7:30 FG 7:30-9:00	<b>BB vs. Westhill V 7:00 JV 5:30 FR 4:00</b>	BB 2:30-5:00 GB 5:00-7:30	OPEN
New Gym	FB 10-12 FG 12-2	FB 2:30-4:30 FG 4:30-6:30 VB 6:30-8:30	OPEN	<b>WR vs. New Milford/Weston/ Westhill 4:30</b>	FB 2:30-4:30 FG 4:30-6:30	FB 2:30-4:30 FG 4:30-6:30	OPEN
G Gym (FR Academy)	CLOSED	WR 2:30-4:30 CH 4:30-6:30	WR 2:30-4:30 CH 4:30-6:30 PAL 6:30-8:30	FB 2:30-4:30 CH 4:30-6:30 PAL 6:30-8:30	WR 2:30-4:30 CH 4:30-6:30 PAL 6:30-8:30	WR 2:30-4:30 CH 4:30-6:30	OPEN
AWAY Events		B Swim @ Trumbull 5:00	BB @ Brien McMahon V 7 JV 5:15 FR 4	BIH @ Masuk 8:00 SKI @ Southington 4:30 GIH @ Darien 7:00	GB @ Westhill V 5:30 JV 4	BIH @ Fox Lane @ Brewster 4:30 B/G IN @ New Balance Games 5:00 B Swlm @ Warde/Ludlowe TBA	B/G IN @ New Balance Games 8:30 B/G IN @ Wilton 9:30 WR @ New Milford 8:30 V/JV CH @ Seymour 10:00
OFF-SITE PRACTICES AND EVENTS		SKI @ Mohawk 4-7 JV CH @ Premier 3:30-5 GIH @ WG 2:50-3:50	JV BIH vs. Shepaug/ Litchfield/Thomaston/ Nonnewaug @ Brewster 8:40 B Swim @ WCSU 6:30-8 GGYM vs. Joel Barlow/ Newtown/Oxford 5:00 GIH @ WG 5:20-6:20am	B Swim @ WCSU 4-5:30 V CH @ Premier 3-4:30 GIH @ WG 4-5	GIH @ WG 5:20-6:20am B Swim @ WCSU 6:30-8	GIH @ WG 2:50-3:50	

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DAYO Basketball: **DAYO**; B Swimming & Diving: **B Swim**; Marching Band: **MB**; Girls Ice Hockey: **GIH**; Girls Gymnastics: **GGYM**; Catholic War Veterans: **CWV**; Scrimmage (**S**)

# DHS Winter Weight Room Schedule

## A Schedule (Wrestling/B. Basketball goes early)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00-7:00am</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>CLOSED</b>
<b>2:15 – 3:15</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>
<b>3:15 – 3:45</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>
<b>3:45 – 4:30</b>	<b>B. Basketball</b>	<b>Boys Track</b>	<b>Cheerleading</b>	<b>B. Basketball</b>	<b>Cheerleading</b>
<b>4:30 – 5:15</b>	<b>Wrestling</b>	<b>Boys Track</b>	<b>Wrestling</b>	<b>Boys Track</b>	<b>Wrestling</b>

## B Schedule (Wrestling/B. Basketball goes late)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:00-7:00am</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>CLOSED</b>
<b>2:15 – 3:15</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>	<b>General / Physical Ed.</b>
<b>3:15 – 3:45</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>	<b>Girls Track</b>
<b>3:45 – 4:30</b>	<b>Wrestling</b>	<b>Boys Track</b>	<b>Wrestling</b>	<b>Boys Track</b>	<b>Wrestling</b>
<b>4:30 – 5:15</b>	<b>Boys Track</b>	<b>Boys Track</b>	<b>Cheerleading</b>	<b>Boys Track</b>	<b>Cheerleading</b>

Start Date: 11/27/2019