



January 26, 2023

Dear Parents/Guardians,

The Winter 2 season is moving along quickly and I wanted to provide everyone with an updated practice schedule for the next three weeks. This schedule was designed to provide student athletes with the maximum amount of practice time possible during the season.

- *Classroom/Conditioning practice will run from 3:45-4:30 pm.*
- *Practices at off site locations (Old Bethpage, Pasadena, and Judy Jacobs Parkway) - Transportation will be provided and practices will run from 4:00-5:30 pm.*

POBMS Practice Schedule **Jan 30 - Feb 17**

<u>Date</u>	<u>POBMS 7th -GBK</u>	<u>POBMS 8th - GBK</u>	<u>POBMS 7th - BVB</u>	<u>POBMS 8th - BVB</u>
Jan 30	Game	Game	Classroom/Conditioning	Practice - Pasadena
Jan 31	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45
Feb 1	Classroom/Conditioning	Practice - Pasadena	Game	Game
Feb 2	Game	Game	Practice - Pasadena	Classroom/Conditioning
Feb 3	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15
Feb 6	Practice - Pasadena	Practice - OB	Game	Game
Feb 7	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45
Feb 8	Practice - Pasadena	Practice - OB	Classroom/Conditioning	Practice - JJP
Feb 9	Classroom/Conditioning	Practice - Pasadena	Game	Game
Feb 10	Game	Game	Practice - Pasadena	Classroom/Conditioning
Feb 13	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15
Feb 14	Practice - Pasadena	Classroom/Conditioning	Game	Game
Feb 15	Game	Game	Practice - Pasadena	Practice - OB
Feb 16	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45
Feb 17	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 5:30- 6:45	Practice - POBMS - 3:45- 5:15	Practice - POBMS - 3:45- 5:15

Mattlin Practice Schedule

Jan 30 - Feb 17

<u>Date</u>	<u>Mattlin 7th -GBK</u>	<u>Mattlin 8th - GBK</u>	<u>Mattlin 7th - BVB</u>	<u>Mattlin 8th - BVB</u>
Jan 30	Game	Game	Practice - OB	No Practice
Jan 31	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15
Feb 1	Practice - OB	Practice - JJP	Game	Game
Feb 2	Game	Game	Practice - JJP	Classroom/Conditioning
Feb 3	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45
Feb 6	Classroom/Conditioning	Practice - JJP	Game	Game
Feb 7	Game	Game	Classroom/Conditioning	Classroom/Conditioning
Feb 8	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15
Feb 9	Practice - JJP	Classroom/Conditioning	Game	Game
Feb 10	Game	Game	Practice - JJP	Practice OB
Feb 13	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45
Feb 14	Classroom/Conditioning	Practice - JJP	Game	Game
Feb 15	Game	Game	Classroom/Conditioning	Practice - JJP
Feb 16	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15
Feb 17	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 3:45- 5:15	Practice - Mattlin - 5:30- 6:45	Practice - Mattlin - 5:30- 6:45

Should you have any questions or concerns please feel free to reach out to your child's head coach or the POB Athletic Office.

Thank you and GO HAWKS!!!!

Joseph Braico

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