



Plainview-Old Bethpage Athletics

Winter 1 Practice Schedule: Week 1

POBMS

	MONDAY 11/7/2022	TUESDAY 11/8/2022	WEDNESDAY 11/9/2022	THURSDAY 11/10/2022	FRIDAY 11/11/2022
7th Grade Girls Volleyball	5:30-7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	
8th Grade Girls Volleyball	5:30 - 7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	
7th Grade Boys Basketball	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30-7:00pm @POBMS	5:30-7:00pm @POBMS	
8th Grade Boys Basketball	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30-7:00pm @POBMS	5:30-7:00pm @POBMS	
B/G Winter Indoor track	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	
Boys Swimming	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	



Plainview-Old Bethpage Athletics

Winter 2 Practice Schedule: Week 2

POBMS

	MONDAY 11/14/2022	TUESDAY 11/15/2022	WEDNESDAY 11/16/2022	THURSDAY 11/17/2022	FRIDAY 11/18/2022
7th Grade Girls Volleyball	5:30-7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30-7:00pm @POBMS
8th Grade Girls Volleyball	5:30 - 7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30-7:00pm @POBMS
7th Grade Boys Basketball	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30-7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS
8th Grade Boys Basketball	3:45- 5:15 pm @POBMS	3:45- 5:15 pm @POBMS	5:30 - 7:00pm @POBMS	5:30-7:00pm @POBMS	3:45- 5:15 pm @POBMS
B/G Winter Indoor track	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS	3:45- 5:15pm @POBMS
Boys Swimming	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm	POB 3:45- 5:15 pm

