

### Ike Athletics Practice Schedules for the remainder of June 2024

| Sport                 | Day       | Date | Practice Time | Location             |
|-----------------------|-----------|------|---------------|----------------------|
| <b>B/G Water Polo</b> | Wednesday | 6/12 | 10am-12pm     | Pool/New Weight Room |
|                       | Thursday  | 6/13 | 10am-12pm     | Pool/New Weight Room |
|                       | Monday    | 6/17 | 10am-12pm     | Pool/New Weight Room |
|                       | Tuesday   | 6/18 | 10am-12pm     | Pool/New Weight Room |
|                       | Wednesday | 6/19 | 10am-12pm     | Pool/New Weight Room |
|                       | Thursday  | 6/20 | 10am-12pm     | Pool/New Weight Room |

|                      |           |         |               |                     |
|----------------------|-----------|---------|---------------|---------------------|
| <b>G. Basketball</b> | Wednesday | 6/12    | 5-7pm         | Gym                 |
|                      | Thursday  | 6/13    | 4-5pm         | Weight Room         |
|                      |           |         | 5-7pm         | Gym                 |
|                      | Friday    | 6/14    | 5-7pm         | Gym                 |
|                      | Mon-Wed   | 6/17-19 | 3-5pm         | Gym                 |
|                      | Thursday  | 6/20    | Game @ 5PM    | Rancho Cucamonga HS |
|                      | Friday    | 6/21    | 3-5pm         | Gym                 |
|                      | Mon-Tues  | 6/24-25 | 5-7pm         | Gym                 |
|                      | Wednesday | 6/26    | TBA           | No Gym Access       |
|                      | Thursday  | 6/27    | Game @ 4PM    | Rancho Cucamonga HS |
| Friday               | 6/28      | TBA     | No Gym Access |                     |

|                 |           |             |                      |                     |
|-----------------|-----------|-------------|----------------------|---------------------|
| <b>Football</b> | Wednesday | 6/12        | All levels 4-7pm     | Weight Room/Stadium |
|                 | Thursday  | 6/13        | Varsity - 7on7 - 5pm | West Covina HS      |
|                 |           |             | Frosh 4-7pm          | Stadium             |
|                 | Mon-Tues  | 6/17-18     | All levels 4-7pm     | Weight Room/Stadium |
|                 | Wednesday | 6/19        | Varsity - 7on7 - 5pm | Garey HS            |
|                 |           |             | Frosh 4-7pm          | Stadium             |
|                 | Thursday  | 6/20        | All levels 4-7pm     | Weight Room/Stadium |
|                 | Monday    | 6/24        | All levels 4-7pm     | Weight Room/Stadium |
|                 | Tuesday   | 6/25        | Varsity - 7on7 - 5pm | Carter HS           |
|                 |           |             | Frosh 4-7pm          | Stadium             |
|                 | Wednesday | 6/26        | All levels 4-7pm     | Weight Room/Stadium |
|                 | Thursday  | 6/28        | Varsity - 7on7 - 5pm | Rowland HS          |
|                 |           | Frosh 4-7pm | Stadium              |                     |

|              |           |      |          |            |
|--------------|-----------|------|----------|------------|
| <b>Cheer</b> | Wednesday | 6/12 | 3-5:30pm | Dance Room |
|              | Thursday  | 6/13 | 3-5:30pm | Dance Room |

|                  |           |         |              |                |
|------------------|-----------|---------|--------------|----------------|
| <b>Wrestling</b> | Thursday  | 6/13    | Boys 3-5pm   | Wrestling Room |
|                  | Tuesday   | 6/18    | Boys 3-5pm   | Wrestling Room |
|                  | Thursday  | 6/20    | Boys 3-5pm   | Wrestling Room |
|                  | Tuesday   | 6/25    | Girls 9-11am | Wrestling Room |
|                  |           |         | Boys 3-5pm   | Wrestling Room |
|                  | Wed-Thurs | 6/26-27 | Girls 9-11am | Wrestling Room |
|                  |           |         | Boys 3-5pm   | Wrestling Room |

#### Athletic Director On Campus

|                |             |
|----------------|-------------|
| Wednesday 6/12 | 12pm-6:30pm |
| Thursday 6/13  | TBA         |
| Monday 6/17    | 1pm-3pm*    |
| Wednesday 6/19 | 1pm-3pm*    |
| Monday 6/24    | 1pm-3pm*    |
| Wednesday 6/26 | 1pm-3pm*    |

*\*Coming in these days to prep waters for practices.*

#### Athletic Trainer On Campus

|                   |          |
|-------------------|----------|
| Wed 6/12-Fri 6/14 | 12pm-7pm |
|-------------------|----------|

*\*This is the last week of work for Ms. Cass, she will return July 15*

|                      |           |         |                       |                 |  |  |  |  |  |  |
|----------------------|-----------|---------|-----------------------|-----------------|--|--|--|--|--|--|
| <b>G. Volleyball</b> | Wednesday | 6/12    | 3-5pm                 | Gym             |  |  |  |  |  |  |
|                      |           |         | Parent Meeting 5:30pm | Cafeteria       |  |  |  |  |  |  |
|                      | Thurs-Fri | 6/13-14 | 3-5pm                 | Gym             |  |  |  |  |  |  |
|                      | Wed-Fri   | 6/19-21 | Tryouts 3-5pm         | Gym             |  |  |  |  |  |  |
|                      | Mon-Tues  | 6/24-25 | 3-5pm                 | Gym             |  |  |  |  |  |  |
| <b>B. Basketball</b> | Wednesday | 6/12    | Summer League         | Jurupa Hills HS |  |  |  |  |  |  |
|                      | Thursday  | 6/13    | 2-2:45pm              | Weight Room     |  |  |  |  |  |  |
|                      |           |         | 3-5pm                 | Gym             |  |  |  |  |  |  |
|                      | Monday    | 6/17    | Summer League         | Jurupa Hills HS |  |  |  |  |  |  |
|                      | Tuesday   | 6/18    | 4-5pm                 | Weight Room     |  |  |  |  |  |  |
|                      |           |         | 5-7pm                 | Gym             |  |  |  |  |  |  |
|                      | Wednesday | 6/19    | Summer League         | Jurupa Hills HS |  |  |  |  |  |  |
|                      | Thursday  | 6/20    | 4-5pm                 | Weight Room     |  |  |  |  |  |  |
|                      |           |         | 5-7pm                 | Gym             |  |  |  |  |  |  |
|                      | Saturday  | 6/22    | 9am-12pm              | Weight Room/Gym |  |  |  |  |  |  |
|                      | Monday    | 6/24    | Summer League         | Jurupa Hills HS |  |  |  |  |  |  |
|                      | Tuesday   | 6/25    | 2-2:45pm              | Weight Room     |  |  |  |  |  |  |
|                      |           |         | 3-5pm                 | Gym             |  |  |  |  |  |  |
|                      | Wednesday | 6/26    | Summer League         | Jurupa Hills HS |  |  |  |  |  |  |
| Thursday             | 6/27      | TBA     | No Gym Access         |                 |  |  |  |  |  |  |
| Saturday             | 6/29      | TBA     | No Gym Access         |                 |  |  |  |  |  |  |