

## 2014 PRFH High School Schedule

Date	Time	Location	Notes
<b>Tue Sep-02</b>	5:00pm - 5:30pm	HS Track	Warm-Up & Dynamic Stretch
	5:30pm - 7:30pm	Turf	Practice
<b>Wed Sep-03</b>	5:00pm - 5:30pm	HS Track	Warm-Up & Dynamic Stretch
	5:30pm - 7:30pm	Turf	Practice
<b>Thu Sep-04</b>	4:30pm - 5:30pm	Outfield	Conditioning wtih Coach Jakub
	5:30pm - 6:30pm	Outfield	Practice
<b>Fri Sep-05</b>	4:00pm Varsity only 3:45pm start if ready to go	AWAY	Non-section game v. Winchester Thurston Bus 2:30pm; Dismissal 2:20pm FB @ NA (Band 5:45pm)
<b>Sat Sep-06</b>	9am-12pm		Team Car Wash - Advanced AutoParts
<b>Sun Sep-07</b>	OFF		
<b>Mon Sep-08</b>	6:00pm JV; 7:30pm Varsity	HOME	Non-section game. v. Upper Saint Clair
<b>Tue Sep-09</b>	6:00pm JV; 7:30pm Varsity	HOME	Section game v. Hempfield ** TEAM PICTURES **
<b>Wed Sep-10</b>	OFF		
<b>Thu Sep-11</b>	4:30pm - 5:30pm	Outfield	Conditioning wtih Coach Jakub
	5:30pm - 7:00pm	Outfield	Practice ** CHANGE TO 7PM
<b>Fri Sep-12</b>	3:00pm Varsity; 4:30pm JV	AWAY	Section game v. Norwin Bus 1:15pm / Dismissal 1:00pm FB v. FC (Band 6:00pm)
<b>Sat Sep-13</b>	1:00pm W&J v. Elmira		Trip to W&J to see college game (leave HS 11:30am ** USAFH National Field Hockey Day **
<b>Sun Sep-14</b>	OFF		
<b>Mon Sep-15</b>	5:00pm - 5:30pm	HS Track	Warm-Up & Dynamic Stretch
	5:30pm - 7:30pm	Turf	Practice ** MAY CHANGE DUE TO GSOC PRACTICE
<b>Tue Sep-16</b>	6:00pm JV; 7:30pm Varsity	HOME	Section game v. Penn Trafford
<b>Wed Sep-17</b>	4:30pm - 6:30pm	Outfield	Practice ** Spaghetti Dinner Spirt Room
<b>Thu Sep-18</b>	6:00pm JV; 7:30pm Varsity	HOME	Section game v. Latrobe ** CHANGE FROM 10/9
<b>Fri Sep-19</b>	3:00pm - 3:15pm	HS Track	Warm-Up & Dynamic Stretch ** NEW TIME
	3:15pm - 4:15pm		Conditioning wtih Coach Jakub ** NEW TIME FB @ Kiski (Band 5:30pm)
<b>Sat Sep-20</b>	1:00pm - 4:00pm	Turf	Practice
<b>Sun Sep-21</b>	OFF		
<b>Mon Sep-22</b>	6:00pm JV; 7:30pm Varsity PLAY 4 THE CURE	HOME	Section game v. North Allegheny
<b>Tue Sep-23</b>	4:30pm - 6:30pm	Outfield	Practice ** ADDED BC NOT DOING TOURNAMENT
<b>Wed Sep-24</b>	4:30pm - 6:30pm	Outfield	Practice
<b>Thu Sep-25</b>	5:00pm JV; 6:30pm Varsity	AWAY	Section game v. Latrobe ** CHANGE FROM 9/29 Bus 2:45pm
<b>Fri Sep-26</b>	3:00pm - 3:15pm	HS Track	Warm-Up & Dynamic Stretch ** NEW TIME
	3:15pm - 4:15pm		Conditioning wtih Coach Jakub ** NEW TIME FB v. NH (Band 6:00pm)
<b>Sat Sep-27</b>			<i>Lower Daulphin Tournament ** REMOVED</i>
<b>Sun Sep-28</b>	OFF		
<b>Mon Sep-29</b>	5:00pm - 5:30pm	HS Track	Warm-Up & Dynamic Stretch

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Date	Time	Location	Notes
	5:30pm - 7:30pm	Turf	Practice ** ADDED BC LATROBE GAME MOVED
<b>Tue Sep-30</b>	6:00pm JV; 7:30pm Varsity	AWAY	Section game v. Hempfield 4:00pm bus ** NEW TIME
<b>Wed Oct-01</b>	4:30pm - 6:30pm	Outfield	Practice ** HAVING BC LATROBE GAME MOVED
<b>Thu Oct-02</b>	6:00pm JV; 7:30pm Varsity Conflict with boys' home soccer game	HOME	Section game v. Norwin MAY MOVE TO 10/3
<b>Fri Oct-03</b>	3:00pm - 3:15pm 3:15pm - 4:15pm	HS Track	Warm-Up & Dynamic Stretch ** NEW TIME Conditioning wth Coach Jakub ** NEW TIME FB @ SV (Band 5:30pm)
<b>Sat Oct-04</b>	12:30 JV; Varsity 2:00pm	Outfield	Non-section game v. Kent Roosevelt High School
<b>Sun Oct-05</b>	OFF		
<b>Mon Oct-06</b>	4:30pm - 6:30pm	Outfield	Practice ** Spaghetti Dinner Spirt Room
<b>Tue Oct-07</b>	3:30pm JV; 4:30pm Varsity	AWAY	Section game v. Penn Trafford 1:30pm / 1:15pm
<b>Wed Oct-08</b>	5:00pm - 5:30pm 5:30pm - 7:30pm	HS Track Turf	Warm-Up & Dynamic Stretch Practice
<b>Thu Oct-09</b>	4:30pm - 6:30pm	Outfield	Practice ** ADDED BC LATROBE GAME MOVED
<b>Fri Oct-10</b>	3:00pm - 3:15pm 3:15pm - 4:15pm	HS Track	Warm-Up & Dynamic Stretch ** NEW TIME Conditioning wth Coach Jakub ** NEW TIME FB v. BUT (Band 6:00pm)
<b>Sat Oct-11</b>	1:30pm JV; 3:00pm Varsity SENIOR NIGHT	HOME	Non-section game v. Peters ** TIME CHANGE Middle School and Youth Play Days during day
<b>Sun Oct-12</b>	OFF		
<b>Mon Oct-13</b>	6:30pm - 7:00pm 7:00pm - 9:00pm	HS Track Turf	Warm-Up & Dynamic Stretch ** TIME CHANGE Practice ** TIME CHANGE NO SCHOOL
<b>Tue Oct-14</b>	6:15pm JV; 7:45pm Varsity	AWAY	Section game v. North Allegheny Bus: 5:00 pm