

Summer Athletic Schulde

Summer lifting: Monday -Thursday 7am-9am

7 on 7: June 2nd, 9th, 16th @ Muenster High School

7th grade 5p, 5:30p - 8th grade 6p, 6:30p - JV 7p, 7:30p - Varsity 8p, 8:30p

High School Volleyball Camp: June 15th and 16th 9:30am-12:30pm

Junior High Volleyball Camp: August 2nd - 6th 5:30pm - 7:30pm

High School Football Practice: August 2nd - 7am - 11:00am

Cross Country: First Day of Practice August 2nd

Dance: Starting July 6th Tuesday and Thursday 4p-6p

June

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------|-----------------------|------------------------------------------------|----------------------------------------------------------|-----------------------|------|------|
| | | 1st Lifting 7a-9a | 2nd Lifting 7a-9a 7 on 7 | 3rd Lifting 7a-9a | 4th | 5th |
| 6th | 7th Lifting 7a-9a | 8th Lifting 7a-9a | 9th Lifting 7a-9a 7 on 7 | 10th Lifting 7a-9a | 11th | 12th |
| 13th | 14th Lifting 7a-9a | 15th Lifting 7a-9a HS-VB 9:30a-12:30p | 16th Lifting 7a-9a HS-VB 9:30a-12:30p 7 on 7 | 17th Lifting 7a-9a | 18th | 19th |
| 20th | 21st Lifting 7a-9a | 22nd Lifting 7a-9a | 23rd Lifting 7a-9a | 24th Lifting 7a-9a | 25th | 26th |
| 27th | 28th Lifting 7a-9a | 29th Lifting 7a-9a | 30th Lifting 7a-9a | | | |

July

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------|-----------------------|--------------------------------------|-----------------------|--------------------------------------|------|------|
| | | | | 1st Lifting 7a-9a | 2nd | 3rd |
| 4th | 5th | 6th Dance 4p-6p | 7th | 8th Dance 4p-6p | 9th | 10th |
| 11th | 12th Lifting 7a-9a | 13th Lifting 7a-9a Dance 4p-6p | 14th Lifting 7a-9a | 15th Lifting 7a-9a Dance 4p-6p | 16th | 17th |
| 18th | 19th Lifting 7a-9a | 20th Lifting 7a-9a Dance 4p-6p | 21st Lifting 7a-9a | 22nd Lifting 7a-9a Dance 4p-6p | 23rd | 24th |
| 25th | 26th | 27th Dance 4p-6p | 28th | 29th Dance 4p-6p | 30th | 31st |

August

| Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
|------|------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------|------|
| 1st | 2nd XC - 6am HS-FB 7a-11a JH VB 5:30p-7:30p | 3rd XC - 6am HS-FB 7a-11a JH VB 5:30p-7:30p Dance 4p-6p | 4th XC - 6am HS-FB 7a-11a JH VB 5:30p-7:30p | 5th XC - 6am HS-FB 7a-11a JH VB 5:30p-7:30p Dance 4p-6p | 6th XC - 6am HS-FB 7a-11a JH VB 5:30p-7:30p | 7th |
| 8th | 9th XC - 6am HS-FB 7a-11a | 10th XC - 6am HS-FB 7a-11a Dance 4p-6p | 11th XC - 6am HS-FB 7a-11a | 12th 1st day of School | 13th | 14th |

Coach's Contact information

If you have a question regarding a sport/team please contact the coach that is responsible for that sport/team.

| Coach | Sport/Team Coached | Phone Number | Email Address |
|-------------------|--------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------|
| Cody Wilson | Athletic Director Girls Track Golf JH Boys Basketball Assistant HS/JH Football | 785-458-2766 | codywilson@shmuenster.com |
| Dale Schilling | Head HS/JH Football Boy Track | 940-736-4503 | dschilling@shmuenster.com |
| Amanda Aldriedge | Head HS Girls Basketball JH Girls Basketball | 940-443-4104 | amandaaldriedge@shmuenster.com |
| Brady Endres | Assistant HS/JH Football Head HS Boys Basketball Baseball | 940-736-4591 | bradyendres@shmuenster.com |
| Bob Bartush | Cross Country | 940-736-0308 | rlbartush@gmail.com |
| Tom Harrington | HS Volleyball | 940-594-6579 | tomharrington@shmuenster.com |
| Bonnie Hess | JH Volleyball | 469-233-9933 | bonnihess@yahoo.com |
| Clarissa Hess | HS Cheer | 940-736-0803 | gchess@ntin.net |
| Jill Walterscheid | JH Cheer | 940-727-8802 | Jill@hutchersoninsurance.com |
| Leslie Eddleman | Dance | 940-634-7559 | |