

November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 Barn-3:00-5:00pm	2 Barn 5-7pm 5-5:45-S/C 5:45-7-W Weight Certification	3 Barn-3:00-5:00pm Weight Certification	4 NHSCA Fall Duals Ocean City, MD	5 NHSCA Fall Duals Ocean City, MD	6 NHSCA Fall Duals Ocean City, MD
7 NHSCA Fall Duals Ocean City, MD	8 Set-Up Mats After School Winter Coaches Meeting 4pm@HS	9 Elementary Come Try It Night 6-7:30pm High School	10 MS/HS Come Try It Night 3-4:30pm High School	11 Girls Come Try It Night 6-7:30pm High School	12	13
14	15 Open Mats 3-4:30 Winter Parent Meeting 6pm@HS gym	16 Open Mats 3-4:30 Middle School Team Meeting@MS 2:45-4:45	17 Team Meeting Strength Testing	18 Team Meeting Strength Testing Equipment Hand Out	19 1 st Day of Practice 2:30-5:00pm	20 Practice 8am-10:30
21	22 Practice 2:30-5:00 L-HS-2:45-3:30	23 Practice 2:30-5:00	24 Practice 8-10:30am Girls Practice 10am-12 L-HS-8-8:45 L-MS-9:30-10:30	25 Thanksgiving Turkey Trot-8am	26 Practice 8-10:30 Girls Scrimmage 1pm at JP McCaskey L-HS/MS-8-9:15	27 Scrimmage @Northern Girls Practice 8-10am
28	29 Practice 6-8pm	30 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	1 Practice 2:30-5:00	2 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	3 Practice 2:30-5:00	4 Scrimmage-9-11am Legends-4pm@CY

December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 Practice 6-8pm	30 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	1 Practice 2:30-5:00	2 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	3 Practice 2:30-5:00	4 Scrimmage 9-11am Legends-4pm@CY
5	6 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	7 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	8 Practice 2:30-5:00	9 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	10 Practice 2:30-5:00	11 Away-Pottsville Duals-V, JV Girls-TBD
12 Practice 6-8pm Girls@ Columbus,OH	13 Home-Eastern York V, JV, G, MS Cardio-6:30am	14 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	15 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	16 Away-York Suburban V, JV, G, MS Cardio-6:30am	17 Away-Carlisle Tournament-V Practice-2:45-5:00 L-2:45-3:30	18 Away-Carlisle Tournament-V Girls 8-9:30am
19 Practice 6-8pm Girls-Away-CM	20 Away-Northeastern V, JV, G, MS Cardio-6:30am	21 Practice 2:30-5:00 L-MS-2:45-3:30 L-HS-4:30-5:00	22 TBD	23 TBD	24 Christmas Eve Run-8am	25 Christmas
26	27 Practices 8-10am 5-7pm L-8-9am/9-10am	28 Girls-Away-GM Practices 8-10am 5-7pm L-8-9am/9-10am	29 Away-Trojan Wars V, JV, G, MS	30 Away-Trojan Wars V, JV, G, MS	31 Practice 8-10am L-8-9am/9-10am	1

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2	3 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	4 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	5 Practice-2:45-5:00	6 Home-Kennard Dale V, JV, G, MS Cardio-6:30am	7 Practice-2:45-5:00 L-HS-2:45-3:30 L-MS-4:30-5:00	8 Away-Canner Duals-MS	
9	10 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	11 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	12 Practice-2:45-5:00	13 Away- Susquahannock V, JV, G, MS Cardio-6:30am	14 Practice-2:45-5:00 L-HS-2:45-3:30 L-MS-4:30-5:00	15 Home-Gettysburg Duals-V, JV, MS, G	
16	17 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	18 Practice 6-7am Practice 2:30-4:00 L-HS-am L-MS-2:45-3:30	19 Practice-2:45-5:00	20 Home-West York V, JV, G, MS Cardio-6:30am	21 Away-Coal Cracker V Away-Northern-MS	22 Away-Coal Cracker V, JV, G Away-Northern-MS	
23	24 Practice 2:45-5:30 L-MS-2:45-3:30 L-HS-4:45-5:30	25 Practice-2:45-5:00	26 Away-Chambersburg V, JV, G, MS Cardio-6:30am	27 Practice-2:45-5:00	28 Practice-2:45-5:00 L-HS-2:45-3:30 L-MS-4:30-5:00	29	
30	TBD	31 TBD Team Districts	TBD	2 TBD	3 TBD Team Districts	4 TBD	5 TBD Team Districts

Coach Haines- chaines@gasd-pa.org, 717-677-6921(H), 540-336-5060(C)

February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	TBD 31	1 Team Districts TBD	2 TBD	3 Team Districts TBD	TBD 4	5 Team Districts
6	Team States TBD 7	TBD 8	TBD 9	Team States TBD 10	MS@ Wilson Team States 11	MS@ Wilson Team States Spring Grove JV P JW Elem. Qual. 12
13 P JW MS Qual. @CV	TBD 14	TBD 15	TBD 16	TBD 17	Sectionals 18	Sectionals 19
20	TBD 21	TBD 22	TBD 23	TBD 24	Districts 25	Districts 26
27	TBD 28	TBD 1	TBD 2	TBD 3	TBD 4	5

March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	MS States 5
Girls Regional Tournament at JP McCaskey MS States 6	7	8	9	PIAA States 10	PIAA States 11	PIAA States 12
Girls States 13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		