

Buffalo Athletics



BISON FIGHT NEVER DIES

WEEK AT A GLANCE

JANUARY 11 - 16, 2021

Sport	Monday 1/11	Tuesday 1/12	Wednesday 1/13	Thursday 1/14	Friday 1/15	Saturday 1/16
DOORS OPEN	FH: 7:10 am Gym: 5:45 am	FH: 7:10 am Gym: 6:45 am	FH: 7:10 am Gym: 5:45 am	FH: 7:10 am Gym: 5:45 am	FH: 7:10 am Gym: 6:45 am	FH: n/a Gym: n/a
JH BOYS ATHLETICS (8th Period)	BkB: Practice til 4:30 pm NonBB: Strength Training & Plyo's	BkB: Practice til 4:30 pm NonBB: Speed & Agility	BkB: Practice til 4:30 pm NonBB: Strength Training & Plyo's	Games @ Crockett 7th @ 5 pm; 8th @ 6 pm NonBB: Speed/Agility	All: Strength & Conditioning <i>No After School Practice</i>	No Activities
JH GIRLS ATHLETICS (8th Period)	BkB: Practice til 4:30 pm NonBB: Condition	BkB: Practice til 4:30 pm NonBB: Condition	BkB: Practice til 4:30 pm NonBB: Condition	Games vs Crockett 7th @ 5 pm; 8th @ 6 pm NonBB: Condition	BkB: Practice til 4:30 pm NonBB: Condition	No Activities
HS BOYS ATHLETICS (1st Period)	<i>READY BY 7:30 AM</i> Offseason: Speed/Agility BkB: Practicing	<i>READY BY 7:30 AM</i> Offseason: Weights BkB: Game Prep	<i>READY BY 7:30 AM</i> Next Sport: Baseball NonBsB: Hip/Flex	<i>READY BY 7:30 AM</i> Offseason: Speed/Agility BkB: Practicing	<i>READY BY 7:30 AM</i> Offseason: Weights BkB: Game Prep	N/A
HS GIRLS ATHLETICS (1st Period)	All: Weight Room	BkB: Game Prep Offseason: Speed & Agility Work	Next Sport: Softball BkB (nonSB): Skills Others: Hip/Flex	All: Weight Room	BkB: Game Prep Offseason: Speed & Agility Work	N/A
HS GIRLS BASKETBALL	Weights 1st Period Practice 3:30-5:30 pm	Walk-Thru 1st Period Game vs Elkhart JV 4:30 pm; Varsity 6:30	Skills/Next Sport 1st Period Practice 3:30-5:30 pm	Weights 1st Period Practice 3:30-5:30 pm	Walk-Thru 1st Period Game @ Westwood 6:15 pm (Varsity Only)	No Activities
HS BOYS BASKETBALL	Doors Open 5:45 am Weights: 6-6:25 am Practice 6:30-8:15 am	7 am Walk-Thru Game vs Elkhart JV 5:30 pm; Varsity 8 pm	Doors Open 5:45 am Practice 6-7:30 am <i>Next Sport: 1st Period</i>	Doors Open 5:45 am Weights: 6-6:25 am Practice 6:30-8:15 am	7 am Walk-Thru Game @ Westwood JV @ 5 pm; Var @ 7:45	No Activities
GOLF	Practice @ Hilltop Lakes 4:15 pm - 5:35 pm	Optional Practice	Practice @ Hilltop Lakes 4:15 pm - 5:35 pm	Practice @ Hilltop Lakes 4:15 pm - 5:35 pm	Off Day	No Activities
WEIGHT ROOM	Closes @ 4:30 pm	Closes @ 4:30 pm	Closes @ 4:30 pm	Closes @ 4:30 pm	Closed after school	Closed