



Fall 2024 Practice Times

TEAM	PRACTICE DAYS	PRACTICE TIMES	NOTES
Men's Basketball	Mon – Fri	9:00am – 1:00pm	
Women's Basketball	Mon – Fri	2:00pm – 6:00pm	
Swim	Monday Tuesday Wednesday Thursday Friday	6:00am-8:30am/1:30pm-5:00pm 6:00am-8:30am 6:00am-8:00am/3:00pm-5:00pm 6:00am-8:30am 6:00am-8:30am/3:00pm-5:00pm	
Dive	Monday Tuesday Wednesday Thursday Friday	7:00am-8:00am/7:00pm-9:00pm 7:00pm-9:00pm 7:00am-8:00am/7:00pm-9:00pm 7:00pm-9:00pm 7:00am-8:00am/7:00pm-9:00pm	
Baseball	Mon – Fri	10:30am – 2:00pm	Avoid 2pm on M/F
Softball	Mon – Fri	8:00am – 12:00pm	
Men's Lacrosse	Mon, Wed – Fri Tuesday	7:00am – 10:00am 7:00-10pm	
Women's Lacrosse	Mon – Fri	9:00am – 11:00am	

Rowing (Men & Women)	Mon – Fri	6:00am – 9:00am	
Men’s Tennis	Tues – Fri	12:00pm – 3:00pm	
Women’s Tennis	Tues – Fri	2:00pm – 5:00pm	
Golf (Men & Women)	Mon – Thurs	1:30pm – 5:30pm	
Volleyball	TBD	TBD	
Men’s Soccer	Mon – Fri	10:00am – 2:00pm	Avoid Wednesday evenings
Women’s Soccer	Mon – Fri	12:30pm – 4:30pm	Avoid Wednesday evenings
Field Hockey	Mon, Tues, Thurs, Fri Wednesday	2:00pm-5:00pm 10:30am-2:00pm	Avoid Friday afternoons if possible
Cross Country	Mon – Fri	7:00am – 10:00am	

****NCAA Rule: A team is allowed to practice up to four hours per day****
 Game schedules can be found on <https://fairfieldstags.com>