

JANUARY 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Jan <b>NEW YEARS DAY</b> NO PRACTICE	2-Jan 8 AM - 9 AM 4 PM - 5 PM (Girls) 5 PM - 6 PM (Boys)	3-Jan 7 AM - 8 AM
4-Jan <b>***GREATER CLEVELAND CONFERENCE CHAMPIONSHIP MEET @ CSU BUS LEAVES TBD</b>	5-Jan 3 PM - 5 PM	6-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	7-Jan <b>***DUAL MEET AVON ELYRIA OLMSTED FALLS MIDVIEW BE AT REC BY 4:20</b>	8-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	9-Jan <b>***DUAL MEET NORDONIA @ MACEDONIA REC BUS LEAVES AT 4:15 PM</b>	10-Jan 7 AM - 8 AM 8 AM - 9 AM (dryland)
11-Jan	12-Jan *5:30 AM - 6:30 AM 3 PM - 5:30 PM	13-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	14-Jan 3 PM - 5:30 PM	15-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	16-Jan <b>***DUAL MEET SHAKER HEIGHTS /CLEVELAND HEIGHTS BE AT REC BY 4:20</b>	17-Jan 7 AM - 8 AM 8 AM - 9 AM (dryland)
18-Jan	19-Jan 7 AM - 10 AM 4 PM - 5 PM (Girls) 5 PM - 6 PM (Boys)	20-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	21-Jan <b>***DUAL MEET WALSH JESUIT BE AT REC BY 4:20</b>	22-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	23-Jan *5:30 AM - 6:30 AM 3 PM - 5 PM	24-Jan 7 AM - 8 AM 8 AM - 9 AM (dryland)
25-Jan	26-Jan *5:30 AM - 6:30 AM 3 PM - 5:30 PM	27-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	28-Jan 3 PM - 5:30 PM	29-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	30-Jan <b>***LAKESIDE RELAYS @ SPIRE BUS LEAVES SHS 4:15 PM</b>	31-Jan 7 AM - 8 AM 8 AM - 9 AM (dryland)

\* = Coach Stacy will assign morning groups

Strongsville High School Varsity Group Practice Schedule

FEBUARY 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-Feb	2-Feb	3-Feb 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	4-Feb	5-Feb 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	6-Feb 3 PM - 5 PM	7-Feb 6:30 AM - 8 AM ***JV CHAMPS @ CANTON BUS LEAVES AT 6:10AM
8-Feb	9-Feb	10-Feb 3 PM - 5 PM	11-Feb 3 PM - 5 PM	12-Feb 3 PM - 5 PM	13-Feb 3 PM - 5 PM	14-Feb ***SECTIONALS @ CSU BUS LEAVES AT 9:30AM
15-Feb	16-Feb 7 AM - 9 AM	17-Feb 3 PM - 5 PM	18-Feb 3 PM - 5 PM	19-Feb 3 PM - 5 PM	20-Feb 3 PM - 4 PM DISTRICT DINNER @ERC 4:20PM BUS LEAVES FOR BGSU HOTEL @5PM	21-Feb ***NORTHWEST DISTRICT MEET @BGSU

Practice times subject to change! \*Morning practices to be assigned