

* = Coach Stacy will assign morning groups

Strongsville High School Varsity Group Practice Schedule

DECEMBER 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
		6 AM - 7 AM Lifting (SHS)		6 AM - 7 AM Lifting (SHS)		
	3 PM - 5 PM	***DUAL MEET BRUNSWICK/ MEDINA @ MEDINA REC BUS LEAVES AT 4 PM	3 PM - 5 PM	3 PM - 5 PM	***DUAL MEET EUCLID/ MENTOR BE AT REC BY 4:20 PM	***OBERLIN INVITATIONAL @ OBERLIN BUS LEAVES AT 9:15 AM
7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
	*5:30 AM - 6:30 AM	6 AM - 7 AM Lifting (SHS)	***DUAL MEET BRECKSVILLE/ NORTH ROYALTON BE AT REC BY 4:50 PM	6 AM - 7 AM Lifting (SHS)	*5:30 AM - 6:30 AM	6:30 AM - 8 AM 8 AM - 9 AM (dryland)
	3 PM - 5:30 PM	3 PM - 5 PM		3 PM - 5 PM	3 PM - 5 PM	
14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
	*5:30 AM - 6:30 AM	6 AM - 7 AM Lifting (SHS)	***SHS SPRINT INVITE BE AT REC BY 4:50		3 PM - 4 PM	***HIGH SCHOOL WINTER CHAMPS @ SPIRE BUS LEAVES AT 6 AM
	3 PM - 5:30 PM	3 PM - 5 PM		3 PM - 5 PM		
21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
	7 AM - 9 AM	7 AM - 10 AM	7 AM - 9 AM		7 AM - 10 AM	7 AM - 8 AM
	TIME TBA			CHRISTMAS DAY		8 AM - 9 AM (dryland)
	Lifting (SHS)	4 PM - 5 PM (Girls)		NO	4 PM - 5 PM (Girls)	
	4 PM - 5 PM (Girls)	5 PM - 6 PM (Boys)		PRACTICE	5 PM - 6 PM (Boys)	
	5 PM - 6 PM (Boys)					
28-Dec	29-Dec	30-Dec	31-Dec			
	7 AM - 9 AM	7 AM - 10 AM	7 AM - 9 AM			
	TIME TBA					
	Lifting (SHS)	4 PM - 5 PM (Girls)				
	4 PM - 5 PM (Girls)	5 PM - 6 PM (Boys)				
	5 PM - 6 PM (Boys)					

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

* = Coach Stacy will assign morning groups

Strongsville High School Varsity Group Practice Schedule

JANUARY 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-Jan NEW YEARS DAY 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 ***GREATER CLEVELAND CONFERENCE CHAMPIONSHIP MEET @ CSU BUS LEAVES TBD	5-Jan 3 PM - 5 PM	6-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	7-Jan ***DUAL MEET AVON ELYRIA OLMSTED FALLS MIDVIEW BE AT REC BY 4:20	8-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	9-Jan ***DUAL MEET NORDONIA @ MACEDONIA REC BUS LEAVES AT 4:15 PM	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 PM	15-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	16-Jan ***DUAL MEET SHAKER HEIGHTS /CLEVELAND HEIGHTS BE AT REC BY 4:20	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 ***DUAL MEET WALSH JESUIT BE AT REC BY 4:50	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 PM	29-Jan 6 AM - 7 AM Lifting (SHS) 3 PM - 5 PM	30-Jan ***LAKESIDE RELAYS @ SPIRE BUS LEAVES SHS 4:15 PM	31-Jan 7 AM - 8 AM 8 AM - 9 AM (dryland)

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

* = 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	4-Feb	5-Feb	6-Feb	7-Feb
		6 AM - 7 AM Lifting (SHS)		6 AM - 7 AM Lifting (SHS)		6:30 AM - 8 AM
	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	***JV CHAMPS @ CANTON BUS LEAVES AT 6:10AM
8-Feb	9-Feb	10-Feb	11-Feb	12-Feb	13-Feb	14-Feb
	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	***SECTIONALS @ CSU BUS LEAVES AT 9:30AM
15-Feb	16-Feb	17-Feb	18-Feb	19-Feb	20-Feb	21-Feb
	7 AM - 9 AM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 5 PM	3 PM - 4 PM DISTRICT DINNER @ERC 4:20PM BUS LEAVES FOR BGSU HOTEL @5PM	***NORTHWEST DISTRICT MEET @BGSU

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