

Open Practices Plan – The Academy Charter School

Sports: Boys Basketball, Girls Basketball, Boys Soccer, Girls Soccer, Volleyball

Grade Levels: 7th - 11th

Practice Duration: 2 Hours per Session

Locations:

- Hempstead Campus (2 Gyms) - High School (Gym 1) – Middle School (Gym 2)
- Uniondale Campus (2 Gyms) - High School (Gym 1) – Middle School (Gym 2)

Practice Days & Times:

- Monday – Friday: 4:15 PM – 6:15 PM
- Saturday: 12:30 PM – 2:30 PM

Practice Schedule (March 10 – June 27, 2025)

Days	Hempstead Gym 1	Hempstead Gym 2	Uniondale Gym 1	Uniondale Gym 2
Monday	Boys Soccer	Available Spot	Girls Basketball	Blocked Out
Tuesday	Boys Volleyball	Girls Volleyball	Boys Basketball	Blocked Out
Wednesday	Boys Soccer	Boys Volleyball	Girls Basketball	Blocked Out
Thursday	Girls Soccer	Girls Volleyball	Boys Basketball	Blocked Out
Friday	Intramural Sports	Intramural Sports	Intramural Sports	Intramural Sports
Saturday	Rotating Schedule (see below)	Rotating Schedule (see below)	Rotating Schedule (see below)	Rotating Schedule (see below)

Saturday Rotating Schedule (March – June)

- March 15, 29 / April 12, 26 / May 10, 24 / June 7, 21**
 - Hempstead Gym 1: Boys Soccer
 - Hempstead Gym 2: Volleyball
 - Uniondale Gym 1: Boys Basketball
 - Uniondale Gym 2: Girls Basketball
- March 22 / April 5, 19 / May 3, 17, 31 / June 14, 27**
 - Hempstead Gym 1: Girls Soccer
 - Hempstead Gym 2: Volleyball

- Uniondale Gym 1: Girls Basketball
- Uniondale Gym 2: Boys Basketball

Additional Notes:

- Each team has two practice sessions per week.
- Fridays are dedicated to Intramural Sports at all gyms.
- Saturday practices rotate to ensure fair use of facilities.
- Coaches should communicate any schedule changes or conflicts in advance.
- Players must arrive 15 minutes before practice for check-in and warm-ups.
- Open practices will focus on skill development, conditioning, and team concepts.