**1/25 Lakota Varsity Schedule**

7:00-10:00 Practice Freshman

10:00-12:20: Eat, get ready, watch

12:20: Meet outside gym to help JV with tarp

12:30-1:30: Finish getting ready, eat, change into uniforms

1:30-2:25: Hallway warmup in Theatre Room

2:25: Mental run

2:35: walk to body

2:46: BODY

2:56: Equipment

3:15: Perform

3:40: In stands to watch Homage thru awards

4:41: AWARDS

**1/25 Lakota JV Schedule**

7:00-9:00 Practice in Creekside

9:00-10:30: Eat, Makeup/Hair, change into uniforms

10:30-11:30: Hallway warmup in auditorium

11:30-11:40: Mental

11:40: walk to body

12:01: BODY

12:10: EQUIPMENT

12:27: Perform

1:15-3:00: Change out of uniforms, time to eat, watch groups

3:00: Be outside gym to help Varsity

3:00-4:15: be in gym to watch groups

4:41: AWARDS