

2022 - 2023 CBU Varsity Sport Practice Time

Course No.	Team	Head Coach	Academic Counselor	Fall 2022 times to avoid	Spring 2023 times to avoid
KIN201M	Basketball (M)	Croy, Rick	Rachel Keys	MWF: 7:00 - 8:30 am MWF: 12:00 - 3:30 pm TR: 1:30 - 4:30 pm	M - F: 1:30 - 5:00 pm
KIN201W	Basketball (W)	Olson, Jarrod	Rachel Keys	M - F: 7:00 - 10:30 am	MWF: 7:15 - 10:00 am TR: 7:15 - 10:15 am
KIN202M	Baseball	Adcock, Gary	Amanda Johnstone	MWF: 7:00 - 11:30 am TR: 7:00 - 8:00 am TR: 2:00 - 6:00 pm Avoid 12:15-1:45 if possible	MWF: 7:00 - 11:30 am TR: 7:00 - 8:00 am TR: 2:00 - 6:00 pm Avoid 12:15-1:45 if possible
KIN203M/W	Swimming	Rowland, Rick	Alex Wolf	MWF: 5:30-6:45am or 6:15-7:30am; 1:30 - 3:30 pm S&C MWF: 8 - 8:45am or TR: 12:15 - 1 pm TR: 5:30 - 7:30 am; 3:15 - 4:45 or 4 - 6 pm	MWF: 5:00-6:45 am; 8:00- 8:45am MWF: 1:00 - 3:30 pm TR: 3:30 - 6:00 pm; 12:15 - 1:00 pm
KIN203M/W	Diving	Couto, Jeff	Alex Wolf	MWF: 8:05-9:00 am MWF: 3:00 - 5:30 pm TR: 9:00 - 12:00 pm	MWF: 8:05-9:00 am MWF: 3:00 - 5:30 pm TR: 9:00 - 12:00 pm
KIN204M	Waterpolo (M)	Rosa, Kevin	Alex Wolf	M: 6:45-7:45 am; 2 - 3 pm; 3:30- 5:30 pm T: 6:30-8:00am; 12:45-1:45pm; 2:00 - 4:00 pm W: 2 - 3 pm; 3:30 - 5:30 pm R: 6:30 - 8:00 am; 2 - 4 pm F: 6:45 - 7:45 am; 3:30 - 5:30 pm	MWF: 6:00 - 8:00 am TR: 6:00 - 8:00 pm MTRF: 12:00 - 1:00 pm
KIN204W	Waterpolo (W)	Julie Snodgrass	Alex Wolf	MWF: 7:00 - 10:00 am MWF: 2:15 - 3:13 pm TR: 1:00 - 4:00 pm	TR: 7:00 - 8:00 am MWF: 1:30 - 5:30 pm TR: 2:00 - 4:00 pm
KIN205M	Wrestling	Moore, Derek	Alex Wolf	TR: 8:00 - 9:00 am M - F: 3:00 - 5:00 pm	TR: 8:00 - 9:00 am M - F: 3:00 - 5:00 pm
KIN206M	Soccer (M)	Michaelson, Coe	Alex Wolf	M - F: 1:00 - 4:00 pm	M - F: 1:00 - 4:00 pm
KIN206W	Soccer (W)	St. Clair, Kristen	Amanda Johnstone	M - F: 7:30 - 10:00 am	M - F: 6:00 - 9:00 am
KIN207W	Softball	Smith, Mike	Amanda Johnstone	MWF: 6:00 - 7:00 am MWF: 1:30 pm - 5:30 pm (pitchers & catchers 12:15 pm) TR: 1:00 - 5:00 pm (pitchers & catchers 12:00 pm)	MWF: 6:00 - 7:00 am MWF: 1:30 - 5:30 pm TR: 1:00 - 5:00 pm
KIN208W	Volleyball (W)	Higa, Branden	Amanda Johnstone	M - F: 1:30 - 5:30 pm	MWF: 7 - 8 am; 1:30 - 5:00 pm TR: 7:00 - 8:00 am; 2 - 5:30 pm
KIN209W	Cheerleading	Miller, Olivia	Rachel Keys	M: 3:15 - 6 pm W: 4:00 - 6:30 pm F: 3:15 - 4:45 pm TR: 2:00 - 6:00 pm SH: Wed. 2:30 - 4:00 pm	Gold M: 3:15 - 6:00 pm WF: 3:15 - 4:45 pm; SH: W 5-6 pm White M: 3:15 - 6:00 pm; TR: 2-4 pm W: 4:30 - 6:30 pm; SH: 2:30-4:00 Blue M: 3:15 - 6:00 pm; TR: 4-6 pm W: 4:30 - 6:30 pm; SH: 2:30-4:00
KIN212W	Dance	Mapes, Kristy	Rachel Keys	M - R: 8:15 - 10:15 am	M - R: 8:15 - 10:15 am
KIN213M/W	CrossCountry/Track	Tribble, Adam	Alex Wolf	M - F: 7:00 - 9:30 am	M - F: 7:00 - 9:30 am
KIN215M	Golf (M)	Brown, TL	Amanda Johnstone	S: 12:00 - 4:00 pm M - F: 2:00 - 5:00 pm	TR: 2:30-5:30 pm MWF: 2:00 - 6:00 pm
KIN215W	Golf (W)	Machado, Marc	Rachel Keys	MWF: 12:00 - 6:00 pm TR: 6:00 - 10:00 am	MWF: 12:00 - 8:00 pm TR: 6:00 - 10:00 am
KIN216	Stunt	Seagondollar, Brandon	Amanda Johnstone	MW: 1:15 - 4:00 pm; F: 1:15 - 3:15 pm TR: 12:20 - 2:00 pm; 3 - 4 pm	MW: 1:15 - 4:00 pm TR: 12:20 - 3:30 pm; F: 1:15 - 3:15 pm