

## 2023 - 2024 CBU Varsity Sport Practice Time

Course No.	Team	Head Coach	Academic Counselor	Fall 2023 times to avoid	Spring 2024 times to avoid
KIN201M	Basketball (M)	Croy, Rick	Rachel Keys	MWF: 7:00 - 9:00 am M-F: 12:00 - 5:00 pm	M - F: 12:00 - 5:00 pm
KIN201W	Basketball (W)	Olson, Jarrod	Rachel Keys	M - F: 8:00 - 10:15 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: 1:00 - 5:00 pm TR: 2:00 - 6:00 pm Avoid 12:15-1:45 if possible Avoid evening classes MTRF
KIN203M/W	Swimming	Rowland, Rick	Kylie Morrison	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	Kylie Morrison	MWF: 7:15-8:00 am MWF: 3:00 - 5:30 pm TR: 9:00 - 12:00 pm	MWF: 7:15-8:00 am MWF: 3:00 - 5:30 pm TR: 9:00 - 12:00 pm
KIN204M	Waterpolo (M)	Rosa, Kevin	Debbie Cox	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: 5:30 - 7:30 pm M - F: 12:00 - 1:00 pm
KIN204W	Waterpolo (W)	Julie Snodgrass	Debbie Cox	MWF: 7:00 - 10:30 am MW: 1:15 - 2:15 pm TR: 12:00 - 2:00 pm	MWF: 9:30 - 10:30 am MWF: 2:30 - 5:30 pm TR: 12:30 - 3:30 pm
KIN205M	Wrestling	Moore, Derek	Debbie Cox	TR: 7:45 - 8:45 am M - F: 3:00 - 5:00 pm	MWF: 7:00 - 8:00 am M - F: 3:00 - 5:00 pm
KIN206M	Soccer (M)	Michaelson, Coe	Kylie Morrison	M - F: 8:30 - 10:15 am	TR: 7:00 - 8:45 am MWF: 1:00 - 3:00 pm
KIN206W	Soccer (W)	St. Clair, Kristen	Debbie Cox	M - F: 6:00 - 10:00 am	M - F: 6:00 - 9:30 am
KIN207W	Softball	Smith, Mike	Amanda Johnstone	M - F: 6:00 - 7:00 am MWF: 12:30 pm - 4:30 pm (pitchers & catchers 11:30 am) TR: 1:00 - 5:00 pm (pitchers & catchers 12:00 pm)	M - F: 6:00 - 7:00 am MWF: 12:30 pm - 4:30 pm (pitchers & catchers 11:30 am) TR: 1:00 - 5:00 pm (pitchers & catchers 12:00 pm)

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Course No.	Team	Head Coach	Academic Counselor	Fall 2023 times to avoid	Spring 2024 times to avoid
KIN208W	Volleyball (W)	Higa, Branden	Amanda Johnstone	M - F: 1:30 - 5:30 pm	M - F: 7 - 8 am; 1:30 - 4:30 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	<b>Gold</b> M: 3:15 - 6:00 pm WF: 3:15 - 4:45 pm; SH: W 5-6:30 pm <b>White</b> M: 3:15 - 6:00 pm; TR: 2-4 pm W: 4:30 - 6:30 pm; SH: 2:30-4:00 <b>Blue</b> 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: 8:00 - 10:15 am	M - F: 8:00 - 10:15 am
KIN213M/W	CrossCountry Track	Tribble, Adam	Kylie Morrison	M - F: 7:00 - 9:30 am	M - F: 7:00 - 9:30 am
KIN215M	Golf (M)	Brown, TL	Debbie Cox	S: 12:00 - 4:00 pm M - F: 2:00 - 6:00 pm	TR: 2:30-5:30 pm MWF: 2:00 - 6:00 pm
KIN215W	Golf (W)	Machado, Marc	Debbie Cox	MWF: 12:00 - 7:00 pm T: 6:00 - 10:00 am R: 6:00 - 10:30 am	MWF: 12:00 - 7:00 pm  TR: 6:00 - 10:00 am
KIN216	Stunt	Seagondollar, Brandon	Amanda Johnstone	MWF: 1:15 - 4:00 pm  TR: 12:20 - 3:30 pm	MW: 1:15 - 4:00 pm  TR: 12:20 - 3:30 pm; F: 1:15 - 3:15 pm