

**DAILY MASTER
SCHEDULE**
All Events
11/14/2025 to
11/14/2025



East Stroudsburg Senior HS
South
279 N Courtland St
East Stroudsburg, PA 18301

Shaun Murray
School Phone: 570-424-8471 X
20520

Friday, November, 14

TBA

Home

**FIRST DAY OF WINTER SPORTS
PRACTICES (School)**

2:45 PM

Boys Varsity Basketball

Home

V/JV BBB Practice (Practice)

Facility: Main Gym

**From: 2:45 PM To:
5:00 PM**

2:45 PM

**Boys Junior High
Basketball**

Home

**Freshman BBB Practice
(Practice)**

Facility: Small Gym

**From: 2:45 PM To:
5:00 PM**

2:45 PM

Boys Varsity Wrestling

Home

**B&G V/JV Wrestling Practice
(Practice)**

Facility: Wrestling Room

**From: 2:45 PM To:
5:00 PM**

2:45 PM

Boys Varsity Swimming

Home

**B&G Swimming Practice
(Practice)**

Facility: Natatorium

**From: 2:45 PM To:
5:00 PM**

2:45 PM

Boys Varsity Rifle

Home

Rifle Practice (Practice)

Facility: Rifle Range, Memorial Stadium

**From: 2:45 PM To:
5:20 PM**

2:45 PM

**Coed Varsity Track and
Field**

Home

**B&G Indoor Track & Field
Practice (Practice)**

Facility: Classroom 14, High School

**From: 2:45 PM To:
4:15 PM**

4:30 PM

**Coed Varsity
Cheerleading**

Home

V 4:30-6:30pm/JV Off (Practice)

Facility: Auxiliary Gym

**From: 4:30 PM To:
6:30 PM**

5:00 PM

Girls Varsity Basketball

Home

V/JV GBB Practice (Practice)

Facility: Main Gym

**From: 5:00 PM To:
7:00 PM**

5:00 PM

**Girls Junior High
Basketball**

Home

**Freshman GBB Practice
(Practice)**

Facility: Small Gym

**From: 5:00 PM To:
7:00 PM**

DAILY MASTER SCHEDULE
All Events
11/14/2025 to 11/14/2025

J T Lambert Intermediate School
2000 Milford Rd
East Stroudsburg, PA 18301

Lisa Tirjan
School Phone: 570-424-8500 ext
Fax: 570-420-8387
lisa-tirjan@esasd.net

Friday, November, 14

2:30 PM	Boys Middle School Basketball	Home	MS BBB Practice - 8th Grade Only - First Day of Practice (Practice)
Facility: J T Lambert, Main Gym			From: 2:30 PM To: 5:00 PM
2:30 PM	Girls Middle School Basketball	Home	MS GBB Practice - Conditioning - First Day of Practice (Practice)
Facility: J T Lambert Library			From: 2:30 PM To: 5:00 PM
2:30 PM	Boys Junior High Wrestling	Home	JRHI Wrestling Practice. - First Day of Practice (Practice)
Facility: J T Lambert, Aux. Gym			From: 2:30 PM To: 5:00 PM

DAILY MASTER
SCHEDULE

11/18/2025 to
11/18/2025



East Stroudsburg Senior HS
South
279 N Courtland St
East Stroudsburg, PA 18301

Shaun Murray
School Phone: 570-424-8471 X
20520

Tuesday, November, 18

2:45 PM

Coed Varsity Unified
Bocce

Home

Unified Bocce Practice (First
Day of Practice) (Practice)

Facility: Auxiliary Gym

From: 2:45 PM To:
4:15 PM

DAILY MASTER SCHEDULE
All Events
11/18/2025 to 11/18/2025

J T Lambert Intermediate School
2000 Milford Rd
East Stroudsburg, PA 18301

Lisa Tirjan
School Phone: 570-424-8500 ext
Fax: 570-420-8387
lisa-tirjan@esasd.net

Tuesday, November, 18

2:30 PM

**Boys Middle School
Basketball**

Home

**MS BBB Practice - 7th Grade
Only - First Day of Practice
(Practice)**

Facility: J T Lambert, Main Gym

**From: 2:30 PM To:
5:00 PM**