

September- Boys' Basketball

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Lifting/Conditioning 5-6:30	5	6 Lifting/Conditioning 5-6:30	7
8	9 Lifting/Conditioning 5-6:30	10 Skill Work 5:30-6:30 Open Gym-6:30-7:30	11 Lifting/Conditioning 5-6:30 3 Man/Skill Work 6:30-7:30	12 Off	13 Lifting/Conditioning 5-6:30 3 Man/Skill work 6:30-7:30	14
15	16 Lifting/conditioning 5-6:30 3 Man/Skill Work 5:30-6:30	17 Skill Work 5:30-6:30 Open gym 6:30-7:30	18 Lifting/conditioning 5-6:30 3 Man/skill work 6:30-7:30	19 Skill Work 5:30-6:30 Open Gym 6:30-7:30	20 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	21
22	23 Lifting/conditioning 5-6:30 3 Man/Skill Work 6:30-7:30	24 Off	25 Lifting/conditioning 5-6:30 3 Man/Skill work 6:30-7:30	26 Skill Work 5:30-6:30 Open Gym 6:30-7:30	27 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	28
29	30 Lifting/conditioning 5-6:30 3 Man/Skill Work 6:30-7:30					

October

Boys' Basketball

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Skill Work 5:30-6:30 Open gym 6:30-7:30	2 Lifting/conditioning 5-6:30 3 Man/Skill work 6:30-7:30	3 Off	4 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	5
6	7 Lifting/conditioning 5-6:30 3 Man/Skill work 6:30-7:30	8 Skill Work 5:30-6:30 Open gym 6:30-7:30	9 Lifting/conditioning 5-6:30 3 Man/Skill work 6:30-7:30	10 Skill Work 5:30-6:30 Open gym 6:30-7:30	11 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	12
13	14 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	15 Skill Work 5:30-6:30 Open Gym 6:30-7:30	16 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-6:30	17 Skill Work 5:30-6:30 Open gym 6:30-7:30	18 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	19
20	21 Lifting/Conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	22 Skill Work 5:30-6:30 Open gym 6:30-7:30	23 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	24 Skill Work 5:30-6:30 Open gym 6:30-7:30	25 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-6:30	26
27	28 Lifting/Conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	29 Skill Work 5:30-6:30 Open gym 6:30-7:30	30 Lifting/conditioning 5-6:30 3 Man/Skillwork 6:30-7:30	31 Off		