

Men's Basketball - Practice Schedule - August/September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Tryouts 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	27 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	28 2:30-7:30pm BG: GVB Match 2:30-5pm SG: Cheer 5-7pm SG: 7-8:30pm SG:	29 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	30
31	1 Labor Day - No School	2 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Tryouts 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	3 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	4 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	5 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	6 9-10am BG: Academy
7	8 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: BB Practice 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	9 2:30-7:30pm BG: GVB Match 6pm: Parent Meeting 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: GBB 7-8:30pm SG:	10 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	11 2:30-7:30pm BG: GVB Match 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	12 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	13 8am-12pm BG: YLHS FBLA 9-10am SG: Academy
14 9am-12pm SG: Cheer	15 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: Skills/Open Gym 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	16 2:30-4:30pm BG: GBB 4:30-6:30pm BG: 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Practice 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	17 2:30-5pm BG: GVB 5:30pm: Back to School Night 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	18 2:30-7:30pm BG: GVB Match 7:20pm: Varsity game at IVC 2:30-5pm SG: Cheer 5-7pm SG: GBB 7-8:30pm SG:	19 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	20 9-10am BG: Academy
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28	29 2:30-6:30pm BG: GVB 5:30-6:30pm WR: Weights 6:30-8pm BG: Skills/Open Gym 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	30 2:30-4:30pm BG: 4:30-6:30pm BG: 5:30-6:30pm WR: Weights 6:30-8:30pm BG: BB Practice 2:30-5:30pm SG: Dance Co. 5:30-7pm SG: 7-8:30pm SG:	1 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	2 2:30-7:30pm BG: GVB Match 7:20pm: Varsity game at IVC 2:30-5pm SG: Cheer 5-7pm SG: 7-8:30pm SG:	3 2:30-3:30pm ST: Conditioning 2:30-6:30pm BG: GVB 6:30-8pm BG: GBB 2:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG:	4 9-10am BG: Academy

