

Men's Basketball - Practice Schedule - December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 3:30-5:30pm BG: BB (Varsity) 5:30-8:30pm BG: 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7-8:30pm SG: 4:30pm: Frosh game at Servite 6:15pm: JV game at SAHS	29 <u>YLHS @ Whittier Christian</u> 4pm: Freshmen 5:30pm: JV 7pm: Varsity TBD: Frosh game	30 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB (Varsity) 6:30-8:30pm BG: BB (Frosh) 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: GBB 7:30-9pm SG: BB (JV) TBD: Frosh game TBD: JV game at SAHS	1 <u>YLHS @ Valencia</u> 3:30pm: Freshmen 5pm: JV 6:30pm: Varsity TBD: Frosh game	2 <u>Cerritos @ YLHS</u> 7pm: Varsity TBD: Frosh game TBD: JV game at SAHS	3 8-10am BG: BB (Varsity) 10-11am: Plyometrics TBD: Frosh game TBD: JV game at SAHS
4	5 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB (Frosh) 6:30-8:30pm BG: GBB 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7:30-9pm SG: BB (JV) 5:30pm: Varsity game at EDHS	6 2:30-4:30pm BG: GBB 5-8:30pm BG: Wrestling 2:30-3:30pm SG: BVB 3:30-5:30pm SG: Dance Co. 5:30-7:30pm SG: BB (Varsity) 7:30-9pm SG: BB (JV)	7 2:30-4:30pm BG: GBB 4:30-6:30pm BG: GBB 6:30-8:30pm BG: BB (Frosh) 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7:30-9pm SG: BB (JV) 7pm: Varsity game at EDHS	8 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB (Varsity) 6:30-8:30pm BG: BB (Frosh) 2:30-3:30pm SG: BVB 3:30-5:30pm SG: Cheer 5:30-7pm SG: 7:30-9pm SG: BB (JV)	9 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB (JV/Frosh) 6:30-8:30pm BG: 3:30-5:30pm SG: GBB 7:30-9pm SG: BB (JV) 7pm: Varsity game at EDHS	10 8am-8pm: Wrestling Tourney 8am-10pm SG: Open TBD: Varsity game at EDHS
11 8am-4pm: Wrestling Tourney	12 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: Cheer 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)	13 <u>Santa Fe @ YLHS</u> 4pm: Freshmen 5:30pm: JV 7pm: Varsity 2:30-3:30pm SG: BVB 3:30-5:30pm SG: Dance Co. 5:30-9pm SG:	14 4-8pm BG: GBB games 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV) 6:30pm: Varsity game at LHS	15 2:30-4pm BG: BB (Varsity) 4:30-8pm BG: GBB games 2:30-3:30pm SG: BVB 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)	16 2:30-4:30pm BG: BB (Frosh) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: 3:30-5:30pm SG: 7:30-9pm SG: BB (JV) TBD: Varsity game at LHS	17 8-10am BG: BB (JV) 10am-12pm BG: GBB 12-2pm BG: 8-10am SG: BB (Frosh) 10am-12pm SG: TBD: Varsity game at LHS
18	19 2:30-4:30pm BG: GBB 4:30-6:30pm BG: BB (Varsity) 6:30-8:30pm BG: Band 2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)	20 <u>Huntington Beach @ YLHS</u> 3pm: Freshmen 4:30pm: JV 6pm: Varsity 2:30-3:30pm SG: BVB 3:30-5:30pm SG: Dance Co. 5:30-7pm SG: GBB	21 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: 6:30-8:30pm BG: 2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)	22 <u>YLHS @ Chino Hills</u> 3pm: Freshmen 4:30pm: JV 6pm: Varsity	23 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: BB (Frosh) 2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7pm SG: GBB 7:30-9pm SG: BB (JV)	24 8-10am BG: BB (Varsity) 10-11am: Plyometrics
25	26 6pm: Varsity @ Nogales HS 6pm: JV @ YLHS Shootout 12pm: Frosh @ YLHS Shootout	27 4:30pm: Varsity @ Nogales HS 4:30pm: JV @ YLHS Shootout 10:30am: Frosh @ YLHS Shootout	28 6pm: Varsity @ Nogales HS 3pm: JV @ YLHS Shootout 9am: Frosh @ YLHS Shootout	29 TBD: Varsity @ Nogales HS TBD: JV @ YLHS Shootout TBD: Frosh @ YLHS Shootout	30 8-10am BG: BB (JV) 10am-12pm BG: BB (Varsity) 12-2pm BG: 8-10am SG: BB (Frosh) 10am-12pm SG: 12-2pm SG:	31 Varsity practice TBD JV practice TBD Frosh practice TBD