

# Men's Basketball - Practice Schedule - January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>2 8-10am BG: BB (Frosh) 10am-12pm BG: BB (JV) 12-2pm BG: BB (Varsity) 2-4pm BG: GBB 4-6pm BG: GBB 6-8pm BG: 7-9pm BG:</p>	<p>3 <u>Brea @ YLHS</u> 7pm: Varsity  <u>YLHS @ Brea</u> 3pm: Freshmen 4:30pm: JV</p>	<p>4 8-10am BG: BB (Frosh) 10am-12pm BG: BB (JV) 12-2pm BG: BB (Varsity) 2-4pm BG: GBB 4-6pm BG: GBB 6-8pm BG: BB (Frosh) 7-9pm BG/SG:</p>	<p>5 8-10am BG: GBB 10am-12pm BG: GBB 12-2pm BG: BB (Varsity) 2-4pm BG: BB (JV) 4-6pm BG: 7-9pm BG:  8-10am SG: BB (Frosh)</p>	<p>6 <u>YLHS @ Esperanza</u> 7pm: Varsity  <u>Esperanza @ YLHS</u> 3pm: Freshmen 4:30pm: JV</p>	<p>7 8am-5pm BG: Wrestling  8-10am SG: BB (Varsity) 10-11am: Plyometrics</p>
8	<p>9 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: GBB  3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)</p>	<p>10 <u>El Dorado @ YLHS</u> 4pm: Freshmen 5:30pm: JV 7pm: Varsity</p>	<p>11 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)</p>	<p>12 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 5:30-7:30pm SG: GBB 7:30-9pm SG: BB (JV)</p>	<p>13 <u>YLHS @ El Modena</u> 7pm: Varsity  <u>El Modena @ YLHS</u> 3pm: Freshmen 4:30pm: JV</p>	<p>14 8am-8pm: Cheer Tourney  Both gyms closed.</p>
15	<p>16 8-10am BG: BB (Frosh) 10am-12pm BG: BB (Varsity) 12-2pm BG: 2-4pm BG: GBB 4-6pm BG: GBB 6-8pm BG:  7:30-9pm SG: BB (JV)</p>	<p>17 <u>YLHS @ Villa Park</u> 7pm: Varsity  <u>Villa Park @ YLHS</u> 3pm: Freshmen 4:30pm: JV</p>	<p>18 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)</p>	<p>19 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 5:30-7:30pm SG: GBB 7:30-9pm SG: BB (JV)</p>	<p>20 <u>Canyon @ YLHS</u> 7pm: Varsity  <u>YLHS @ Canyon</u> 3pm: Freshmen 4:30pm: JV</p>	<p>21 8-10am BG: BB (Varsity) 10-11am: Plyometrics</p>
22	<p>23 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: GBB  2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)</p>	<p>24 <u>YLHS @ Foothill</u> 7pm: Varsity  <u>Foothill @ YLHS</u> 4pm: Freshmen 5:30pm: JV</p>	<p>25 1-3pm BG: GBB 3-5pm BG: BB (Varsity) 5-7pm BG: GBB 7-9pm BG:  1-3pm SG: 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)</p>	<p>26 11am-1pm BG: GBB 1-3pm BG: GBB 3-5pm BG: BB (Varsity) 5-7pm BG: BB (Frosh) 7-9pm BG: BB (JV)  11am-1pm SG: 1-3pm SG:</p>	<p>27 <u>Villa Park @ YLHS</u> 7pm: Varsity  <u>YLHS @ Villa Park</u> 3pm: Freshmen 4:30pm: JV</p>	<p>28 8-10am BG: BB (Varsity) 10-11am: Plyometrics</p>
29	<p>30 2:30-4:30pm BG: BB (Varsity) 4:30-6:30pm BG: GBB 6:30-8:30pm BG: GBB  2:30-3:30pm SG: 3:30-5:30pm SG: Cheer 5:30-7:30pm SG: BB (Frosh) 7:30-9pm SG: BB (JV)</p>	<p>31 <u>YLHS @ Canyon</u> 7pm: Varsity  <u>Canyon @ YLHS</u> 3pm: Freshmen 4:30pm: JV</p>	<p>1 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)</p>	<p>2 <i>Senior Night</i> <u>Foothill @ YLHS</u> 7pm: Varsity  <u>YLHS @ Foothill</u> 3pm: Freshmen 4:30pm: JV</p>	<p>3 Regular Season Finished CIF Playoffs TBA Player Exit Meeting TBA</p>	<p>4 Varsity practice TBD</p>