

# Men's Basketball - Practice Schedule - July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> <u>Daily Practice Schedule</u> 7:30-9am: JV 9-10:30am: Varsity 10:30am-12pm: Frosh	<b>4</b>	<b>5</b> <u>La Habra League</u> 7pm: Freshmen  10:30am: Plyos (optional)	<b>6</b> <u>Valencia League</u> 3:10pm: Varsity 4:30pm: Varsity 5pm: Freshmen 7pm: JV 8pm: JV  10:30-11:30am: Weights (All)	<b>7</b> <u>Hope University League</u> 1pm: Freshmen 3pm: JV 6:15pm: Varsity  <u>La Habra League</u> 6pm: Freshmen  10:30am: Plyos (optional)	<b>8</b> <u>BPHS Varsity Tourney</u> 9am: Varsity 12pm: Varsity  <u>EDHS Frosh Tourney</u> 4:40pm: Freshmen	<b>9</b> <u>BPHS Varsity Tourney</u> 2pm: Varsity 4pm: Varsity  <u>EDHS Frosh Tourney</u> 1:30pm: Freshmen 3:50pm: Freshmen
<b>10</b>  <u>EDHS Frosh Tourney</u> TBD: Freshmen	<b>11</b> <u>Valencia League</u> 1pm: JV 3:10pm: Varsity 5pm: Freshmen  10:30-11:30am: Weights (All)	<b>12</b> <u>Hope University League</u> 2pm: Freshmen 2pm: JV 7:30pm: Varsity  <u>La Habra League</u> 7pm: Freshmen  10:30am: Plyos (optional)	<b>13</b> <u>Valencia League</u> 1pm: JV 3pm: Freshmen 6:40pm: Varsity  10:30-11:30am: Weights (All)	<b>14</b> <u>Hope University League</u> 2pm: Freshmen 2pm: JV 3pm: Freshmen 7:30pm: Varsity  <u>La Habra League</u> 7pm: Freshmen  <u>Estancia Varsity Tourney</u> 5:55pm: Varsity  10:30am: Plyos (optional)	<b>15</b> <u>Estancia Varsity Tourney</u> 2:40pm: Varsity	<b>16</b> <u>Estancia Varsity Tourney</u> 12:10pm: Varsity 2:20pm: Varsity  Santa Ana College JV Shootout  Santa Ana College Frosh Shootout
<b>17</b> CSUSM Elite Camp (optional)	<b>18</b> <u>Valencia League</u> 2pm: JV 2pm: Varsity 4pm: Freshmen  10:30-11:30am: Weights (All)	<b>19</b>  10:30am: Plyos (optional)	<b>20</b> <u>Valencia League</u> 1pm: JV 4pm: Freshmen 5:30pm: Varsity  10:30-11:30am: Weights (All)	<b>21</b>  10:30am: Plyos (optional)	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Valencia Tourney Varsity, JV, Freshmen Times TBA  10:30-11:30am: Weights (All)	<b>26</b>  10:30am: Plyos (optional)	<b>27</b> Valencia Tourney Varsity, JV, Freshmen Times TBA  10:30-11:30am: Weights (All)	<b>28</b>  10:30am: Plyos (optional)	<b>29</b> Varsity, JV, Freshmen Tournaments TBD	<b>30</b>

**Wrestling:**

Wednesdays in July, 5-8pm, YLHS SG

Friday, July 15, 3-10pm

Saturday, July 16, 7am-5pm